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Tuesday, December 26th 2017
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Community rallies to restock food bank's shelves in time for Christmas

Anders Larsson
Chief reporter | anders@viewnews.co.uk

FOOD bank clients in Seaton did not have to go hungry this Christmas after local people, businesses and other organisations rallied to fill up the shelves.

After a 'regular' dip earlier in the year, stocks are at a healthy level after a pre-Christmas surge of food donations.

Stocks were set to increase further when donations from the foodbank's 'reverse Advent calendar' were added.

But there is no room for complacency as demand is expected to at least remain at the current level, possibly increase.

In the most recent 12-month statistical period (August 2016 - July 2017), provisions were made for 12,174 meals – a jump from 8,500 for the previous 12-month period.

Indications are that current demand is in line with that of August 2016 - July 2017.

Demand and donations fluctuate, but back in spring foodbank volunteers were forced to go out and buy food to meet demand.

Chairman Stephen Page said about the pre-Christmas surge: "We have been blown away by people's responses, businesses and families have been collecting.

"A big thank you to the people who have contributed in the past year, and long may their contributions continue

Located at Number One Harepath Road, Foodbank in Seaton was started by Seaton Churches Together in 2012.

People are referred to the foodbank by Citizens' Advice and other partners.

Leader of Crossroad Christian Fellowship, Jon Sibley, said: "We are very grateful for contributions from various harvest festivals, so we are in a good position.

"But this time of year is the high point in terms of stock, we know it is going to go down."

Supporting the foodbank is easy, with collection bins placed at Seaton Tesco, Seaton main Co-op, The Gateway (town hall), Pebbles Coffee Shop, Marshlands town council offices and in churches.

Volunteers are also welcome to join the team, and anyone wishing to donate money for food purchases can do so by sending a cheque to: Seaton Foodbank, 1 Harepath Road, Seaton EX12 2RP.

More information is available online at www. facebook.com/FoodbankSeaton

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VIEW FROM NEWSPAPERS

Special officer wins national award

A SPECIAL Chief Superintendent from Uplyme has won a national award for his leadership in tackling rural crime.

Special Chief Superintendant Andrew Turner, who has volunteered with Devon & Cornwall Police for 37 years, recently picked up the Leadership Award at the Lord Ferrers Awards, which recognise the outstanding contribution of special constables, police support volunteers and volunteer police cadets.

Mr Turner, who is also an Uplyme parish councillor, first started volunteering with the force in October 1981 and was based in Axminster for well over 20 years, working closely with the late Robin Cross, covering the East Devon beat.

He is now based at police headquarters at Middlemoor, Exeter, and is in charge of every operational special across Devon and Cornwall - a team of 470 volunteers.

During his service, Mr Turner has introduced a dedicated 'Rural Engagement Team' to address the problems of rural crime, increase engagement with the farming community, help to reduce suicides amongst farmers and provide crime prevention advice.

Rural communities and farmers in Devon and Cornwall often feel isolated so the team maintain a high visibility in these areas to provide reassurance.

They have also signed up more than 400 farms to Farm Watch, a scheme that shares intelligence between the community and the police to prevent theft.

Mr Turner was among 600 police volunteers nominated for the nine awards from forces across England and Wales – twice as many as last year – including seven nominees from Devon and Cornwall. He picked up the award at a ceremony at Millbank Tower in London, attended by Home Secretary Amber Rudd and Minister of State for Policing and the Fire Service, Nick Hurd.

Mrs Rudd said: "Policing volunteers across the country play a fundamental role in what is widely recognised as one of the best police forces in the world.

"The contribution all of this year's nominees have made in keeping their communities safe is testament to the wonderful spirit of volunteering that exists in this country.

"I want to thank every winner, runner-up and nominee for all that you do as we celebrate your true dedication and professionalism to policing.

Mr Hurd added: "Every year the Lord Ferrers Awards recognise the truly inspirational work of those who give up so much to serve their communities.

"Volunteers bring valuable skills from outside policing and help ensure our police force is fully equipped to deal with the challenges of 21st century policing."

Mr Turner described the award as a "fantastic honour", adding: "I'm part of a big team with many good people who work all hours, and they are all volunteers at the end of the day.

"I was absolutely honoured to be nominated by my force and even more chuffed and surprised to have won this award."

The government has brought forward legislation in the Policing and Crime Act to transform the powers and roles of police staff and volunteers, which came into force on December 15th.

These reforms will, for the first time, enable volunteers to be given powers at the discretion of chief officers, based on local need, and set out the core list of powers only available to a police officer holding the office of constable.

■ Chairman of the Association of Special Constabulary Chief Officers Ian Miller presents the award to Andrew Turner, Special Chief Superintendent with Devon & Cornwall Police

CHRISTMAS IS HERE
INSIDE THIS WEEK'S PAPER
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NEW YEAR, NEW YOU
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Pulman's View Series of Newspapers

view from newspapers

Pulman's View Series of Newspapers, incorporating Pulman's Weekly News, is published at Unit 3, St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB | Telephone: 01297 446157 | Email: edit@viewnews.co.uk Website: www.viewnews.co.uk | This newspaper is committed to providing fair, accurate and balanced journalism. If you have a complaint, please contact Philip Evans at the above address. If you feel your complaint has not been addressed satisfactorily, you can contact the Independent Press Standards Organisation (IPSO) at Gate House, 1 Farringdon Street, London EC4M 7LG Tel: 0300 123 22 20

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New 'Home First' social care scheme rolled out across Somerset

HOME First – a new social care and health initiative in Somerset – has already helped hundreds of people return safely home earlier from hospital.

Since the initiative launched in September, more than 300 people have been supported to move on from hospital sooner and average stays in hospital have been reduced by five days for each person.

As soon as someone no longer needs medical support in hospital, Home First allows people to leave hospital rather than waiting on the ward for care assessments and rehabilitation planning, which can take time.

Instead they receive those assessments and support at home, or in a specialist unit, care home or community hospital, to help them get back on their feet.

The Home First approach has been rolled out across the county including Yeovil's District Hospital.

■ Cllr Tom Wright, centre, with members of the East Devon District Council team who assisted with the new recycling service

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ANOTHER stunning image by award winning local photographer Richard Austin. To order a copy, call 01297 442704.

New app to offer NHS information

RESIDENTS of Devon can now download a free app which gives them information about waiting and travel times for their local urgent NHS services.

The app, NHSquicker, shows up-to-date waiting times for local emergency departments (A&Es) and minor injuries units, based on the user's location. It also shows live travel times to help people make informed decisions about where to go when they are in need of urgent treatment for a minor injury or illness.

People can also use NHSquicker to find information about less urgent NHS services, such as GPs, pharmacies, sexual health services, dentists and opticians.

NHSquicker is available for smartphones and tablets, on Apple and Android.

The app has been launched by the Health and Care IMPACT Network, a collaboration between the NHS across Devon and Cornwall and academics from the University of Exeter.

The launch comes at a time when doctors are urging people to consider using another urgent care service if the issue is not serious or life-threatening, rather than an emergency department, as hospitals become busier through the winter months.

Professor Adrian Harris, medical director and consultant emergency physician at the Royal Devon and Exeter NHS Foundation Trust, said: "It is great to see frontline teams working together with academic partners in such an innovative way to come up with solutions.

"What is more exciting is increasingly seeing these ideas being shared and applied by organisations across the wider area and beyond."

To download the app, people can head to the app store on their device and search for 'NHSquicker'.

More recognition for East Devon's recycling efforts

THE efforts of East Devon households – who are now recycling more than ever before following the introduction of a new recycling service this year – has won local, national and international environment awards for the district.

Since February, the district council, in partnership with its contractors SUEZ, has rolled out a new recycling service to all 68,700 East Devon properties and extended the range of items residents can now have collected from the kerbside every week.

Cardboard, plastics, cartons and small electrical goods have been added to the extensive number of items that can be recycled.

As householders are able to recycle more and throw away less bulky rubbish, grey wheeled waste bins are now collected every three weeks.

The move has led to a significant increase in the amount of waste that is now recycled in the district and latest figures show that, on average, 57 percent of East Devon's waste is being recycled – an increase of 15 percent compared to the beginning of this year.

The changes put East Devon in the top 30 best recycling authorities out of 351 local authorities in the country.

The new service has not only been well received by households, it's winning awards too.

In November, the council, on behalf of its residents, collected an international Green Apple Environment Award at a special ceremony at the Houses of Parliament.

The award recognises, rewards and promotes environmental best practice around the world.

The new service also won the Devon Environmental Business Initiative's best Public Service in Devon Award in late November and a month earlier, East Devon was one of four national finalists in the Best Communications Campaign of the Year in the national Local Authority Recycling Advisory Committee (LARAC) Awards.

Councillor Tom Wright, East Devon District Council's portfolio holder for the environment, said that the awards were for all the households who had participated so well in the new service.

He said: "The service has received exceptional support from so many households across the district and I am absolutely delighted with the response.

"The East Devon recycling team is all too aware that our residents have had to make some considerable adjustments in their daily routines to accommodate the changes to their recycling and waste collections.

"The aim of the new service was to help our residents recycle more, which many had asked us to do, and a 15 per cent increase in recycling in just a few months proves to us that this service was much needed and is a considerable success.

"Environmentally, we are relieving the pressure of dumping our waste and we are recycling our resources to better effect.

"We may not see the environmental impact of our current recycling actions today, but in the long term I have no doubt that we will."

East Devon residents will be able to recycle Christmas wrapping paper this year, as they have been able to in previous years.

However, as is normal practice, EDDC are unable to accept shiny, metallic, plastic or glittered wrapping paper for recycling as this type of material cannot be accepted at their recycling mill.

For further information on East Devon's recycling and waste service call 01395 571515 or visit http://eastdevon.gov.uk/recycling-and-rubbish/christmas-collections-2017

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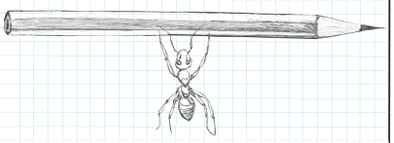
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Seaton Library youth group raises £110 for The Project

Anders Larsson
Chief reporter | anders@viewnews.co.uk

THE youth group at Seaton Library raised more than £100 for a good cause during Halloween.

Their efforts saw a total of £110 raised for The Project.

The Project began in Axminster and is part of Action East Devon and provides a vital service for young people with mental and emotional health issues aged 13-24 across East Devon, South Somerset and West Dorset.

Youth group members held a Halloween fundraising event during October half-term towards the charity's work supporting young people on the path to better mental health.

The youth group meets at the library every Thursday evening from 5pm-7pm during term time and is free to all young people aged 11-18.

Group leader Skevoulla Hambi-Hilder said: "Young people are welcome to use the space to hang out with their friends, take advantage of free WiFi or computers, or to join in a varied programme of activities.

"In the new year, Health and Local Food for Families (HALFF) will be visiting for one of their regular cookery sessions, members will be collaborating on a piece of artwork for Holocaust Memorial Day and the FabLab will be running 3D printing workshops (regular members of the youth group will have priority for these workshops)."

More information is available from the library.

Caty Heron, Violet Tuckley and Perran Ellynn presenting the funds they raised for The Project to the charity's information officer, Lorna Davis

Caty Heron, Violet Tuckley, Peter Johns, Elsa Wood and Alex Smith during the fundraiser

View Family Announcements

Judy Dale
Happy 50th Birthday on 29th December
From the girls

JAMIE MCGOWN
Happy 21st Birthday on 18th December.
Love from Mum, Dad, Ellie & Grandma

happy birthday

JAMIE MCGOWN
Hope you had a great 21st Birthday on the 18th December. Love from Nan x

Happy 18th birthday to
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All announcements must be in by 12 noon on Friday for the following week's publication.

Silverleigh thanks local charity shop for the volunteering opportunities it offers residents

Hospiscare's Axminster charity shop manager Anna Proszowska (right) receives a Christmas gift for the team from Silverleigh

A CARE home has praised a charity shop for the volunteering opportunities it offers.

Two Silverleigh Care Home residents have been volunteering in Hospiscare's Axminster shop since last year.

A Silverleigh spokesperson said: "Working and being supported by the staff both at the home and the shop has been an amazing opportunity for these two ladies to be part of the community.

"The charity shop has been so open-minded and supportive towards these two ladies, they both now have official name badges to confirm their volunteer status, and we would like to thank Hospiscare."

A small Hospiscare delegation visited the shop on Thursday December 14th to hand over a Christmas present to manager Anna Proszowska and her team.

Ms Proszowska said: "We really appreciate the help and we always welcome volunteers to the shop.

"The Silverleigh residents are fantastic and part of our team."

YEARS One to Six pupils at Axminster Primary Academy hosted a Christmas café on the morning of Thursday, December 14th. Their parents/carers were entertained throughout by pupils singing Christmas carols. The guests also enjoyed hot drinks and mince pies, served by the pupils.

Citizen of the year award winner to be announced next month

THE inaugural winner of the Robin Cross Citizen of the Year Award will be revealed in January.

Members of Axminster Town Council met behind closed doors on December 11th to sift through nominations and make a decision.

A winner was chosen but his or her name will be kept under wraps until the town council meeting on Monday January 8th, when an announcement and award presentation will be made.

Mr Cross, who was known for his selfless community spirit and dedication to Axminster, died suddenly in April at the age of 68.

Members of Axminster Town Council felt that a permanent mark of respect for Mr Cross and his devotion to the town would be in order.

The winner's name will be engraved on a shield, the award being accompanied by a cheque for £100 payable to the charity of the recipient's choice.

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Seaton mayor opens new homeware shop

SEATON mayor Cllr Jack Rowland was invited to officially open Amber Home of Colour, a new independent shop in Seaton. He said he was "delighted to see the new shop" and thanked owner Liz Shepherd for investing in the town. The shop offers homeware and soft furnishings, many of them handmade and Fairtrade. The official opening took place on December 1st.

Solicitors' Christmas drinks reception for Hospiscare

SCOTT Rowe Solicitors' annual Christmas drinks evening proved as popular as ever. Held on December 8th, Axminster's Festive Friday, the reception area was packed. Apart from networking and socialising, guests also had the chance to win a hamper (and other prizes donated by local businesses) in a charity raffle in aid of Hospiscare, which raised £470.

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Chilcotts visit college for WWI memorabilia

CHILCOTTS Auctioneers visited Honiton Community College with war memorabilia recently to help students understand the reality of the First World War.

During the visit, arranged with history teacher Mrs Anderson, Liz Chilcott spoke to groups of Year Eight students about the objects and what they meant for soldiers at the time.

She showed the students a number of interesting items, including an original map displaying the position of trenches in Guillemont, one of the locations of the Battle of the Somme, and a carving made by Germans interned in South Africa.

Mrs Chilcott said: "We currently have a good selection of items from the First World War ready to go to auction, and we felt it was a good opportunity for the students to see some of the things they've been talking about in class.

"Being able to look at and touch objects from the actual time can really help bring the history to life.

"Knowing that a map or a water canteen were used by real soldiers, many of whom would have perished in the war, makes it all more real."

After Liz's talk, the students were able to take a closer look at the objects, trying on helmets, handling a bugle and trench art – sculptures made by soldiers to while away time in the trenches – and looking at medals and pictures including a fascinating war photograph album showing original shots taken in France.

The items that gained the most interest from students were a rare cutaway WWI period Coopers patent 20lb aerial bomb and an original German helmet with a spike.

"The helmet is made from leather and the Germans realised quite early on in the war that this didn't offer much protection, so they changed to metal helmets," Mrs Chilcott explained.

Auctioneer Liz Chilcott shows students a map from the First World War

Students tried on First World War equipment (above and below)

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Remember your loved ones at funeral directors across the area this Christmas

■ Paul Fudge, Julian & Karen Hussey and Jerry Parkhouse are behind the memory tree idea

FUNERAL directors across East Devon will be offering the bereaved a chance to remember their loved ones by placing a memory card on a memory tree again this year.

Julian Hussey said: "Losing someone you love is difficult beyond words and we are reminded of them always and cherish the precious memories we have.

"This time of year comes with many feelings and mixed emotions so during December all of our funeral homes will be displaying a memory tree, for those who have lost loved ones to come and place a memory card with their personal message of remembrance."

Anyone is welcome to call in between 10am and 2pm (Monday to Friday) or simply call or email and a message can be written for you.

The funeral directors taking part in the initiative are W. G. Potter (Axminster), E.A. Dodd & Son (Honiton), E.A. Dodd & Son (Ottery St Mary), Overmass & Chapel (Seaton).

the project

Supporting young people on the path to better mental health

A monthly column by KERRY CABLE from the peer support network for young people with mental health issues, based in Axminster and Chard

NOW I know what most of you will be thinking – 'Don't put a dampener on my festive buzz by talking about mental illness.'

And I totally get what you're saying, for many people this is the happiest and most joyful time of their year and I am very pleased for all of you happy little Christmas elves.

However, I also think it is important to remember that not everyone is basking in the glow of their tree lights this week.

As many as 20 per cent of us are feeling lonely this Christmas (2015, Mind). Many people will be missing relatives and caring for ill loved ones.

Sometimes just the pressure to be so intensely happy on one day can drive people to stay indoors and avoid social situations.

A survey also found that 19 per cent of workers will fabricate sickness to avoid the work Christmas party and 20 per cent find that they feel very anxious about large social occasions of this nature.

TV presenter Matt Johnson has recently been talking in the press about his brush with suicide, just a few days before Christmas eight years ago. He cited his main anxiety as being stress around money and finances. This can be a huge burden for people who are feeling the pressure to create the 'perfect family christmas'.

I know that previously, for me, it has traditionally been a time of year where I have felt stressed and anxious around what will be expected of me and having nowhere to escape to if I started to feel the grip of anxiety seeping in. In my teens and early 20s I had a very obsessive and unhealthy relationship with food and being surrounded by so many of my trigger foods invariably lead to a binge and the inevitable guilt and punishment that followed.

These are just a few examples of the many different issues that can spark the symptoms of mental health issues at this time of year.

So what can we do to protect our wellbeing this Christmas? These are just a few suggestions that I would discuss with clients and our young people at The Project.

● **Be careful with alcohol:** It can be very tempting to blank out difficult or upsetting thoughts with a deluge of festive beverages.

This may help in the short term but alcohol is actually a depressant that is well known for exacerbating the symptoms of anxiety and depression, once that hangover has kicked in.

● **Never underestimate the power of sugar:** Sometimes a sugar hangover can be just as damaging to your mental health as alcohol. Sugar gives a very rapid high and what goes up must come down, I'm afraid...

● **Take a break from social media:** Although digital technology is a fantastic tool for reaching out to friends and family when you need support, it can also make you feel like your life just doesn't quite measure up to the filtered version of everybody else's. If it's making you feel rubbish, put it down, read a book, watch a film, take the dog for a walk, call or visit a loved one and remind yourself why you are fine just as you are.

● **Take some time for self care:** When you are rushing around trying to get everything done before the big day it can be really easy to forget to do the things that keep your mind calm and your stress levels down.

Whether it's writing in a journal, having a bath, playing with a pet, doing something nice for somebody else or just simply having a ten minute power nap, now is not the time to forget to look after yourself.

You will be much better equipped to get that to do list done once you recharge and you are at far less risk of stressful negative thoughts creeping in.

● **Check in with yourself:** Ask yourself 'how am I feeling right now?' It can be very easy for mental wellbeing to be slipping away from us before we have even had a chance to do anything to prevent it.

Keeping tabs on yourself means that you may be able to stop those niggling anxious feelings before they feel like they are beyond your control.

■ I REALLY hope you all do exactly what you would like to do with any time off you have over the festive period and I look forward to returning for more wellbeing chat in the new year!

If you would like to get in touch please send me an email at hello@feedingmindandbody.com.

All of my previous columns are available to read on viewnews.co.uk by searching for 'The Project.'

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Hemmings Holidays 2018 www.hemmingscoaches.co.uk

12 Jan	16 Days	All Inclusive Winter Sun in Spain	£799	5 May	5 Days	Llandudno's Victorian Extravaganza & Portmeirion	£275
17 Jan	2 Days	Lamma Show, Peterborough	£99	7 May	5 Days	Stratford & Blenheim Palace	£350
20 Jan	2 Days	Cirque Du Soleil at the Royal Albert Hall	£199	11 May	3 Days	Saville Gardens, Eltham Palace & Columbia Rd Market	£225
26 Jan	3 Days	Beat the Winter Blues- Bournemouth Budget Break	£99	11 May	3 Days	Mystery Weekend	£150
29 Jan	5 Days	Blackpool, the Lakes & Botany Bay	£185	13 May	8 Days	Scenic Trains of the Highlands & Lowlands of Scotland	£595
29 Jan	5 Days	Mill Rythe Holiday Village, Hayling Island, Dance Break	£199	14 May	5 Days	Isle of Wight	£285
3 Feb	8 Days	An Austrian Winters' Tale on a Winter Train	£630	14 May	5 Days	Kent Countryside, Castles & River Cruising	£355
3 Feb	2 Days	Weekend in Cardiff	£99	16 May	7 Days	Isle of Man	£535
5 Feb	5 Days	Isle of Wight	£230	19 May	7 Days	Jersey	£415
8 Feb	5 Days	Lovely Lochs of Scotland with the Glasgow Tattoo	£330	20 May	7 Days	Irelands, Coasts & Culture of Ireland's Wild Atlantic Way	£520
12 Feb	5 Days	Pretty Paignton, Torquay & Tea Dance	£199	21 May	5 Days	Spectacular Southend on Sea	£299
16 Feb	4 Days	Tasteful Tenby, Pretty Pembrokeshire & the Royal Mint	£185	23 May	2 Days	Chelsea Flower Show & RHS Wisley	£190
19 Feb	5 Days	Singles in Bournemouth	£275	25 May	2 Days	Chelsea Flower Show & a Rhododendron Ramble	£190
19 Feb	5 Days	Lake District and Yorkshires' Wintery Scenes All inc.	£255	26 May	7 Days	Classic Shetland & Orkneys Mini Cruise	£699
24 Feb	3 Days	Cotswolds Bargain Break	£120	27 May	5 Days	Normandy & Claude Monet Gardens	£430
24 Feb	2 Days	Oxford Spires & Lacock Abbey's Snowdrops	£94	28 May	5 Days	Cumbria, Northumbria & the Scottish Borders	£345
26 Feb	5 Days	Regency Brighton & the South Downs	£200	31 May	5 Days	Staffordshire's Finest, Peaks & Gardens	£300
2 Mar	4 Days	Ken's Cornish Treat and St.Ives	£160	4 June	5 Days	North Wales Coastal Delights & Chester	£230
3 Mar	8 Days	Lake Garda, Snowflakes & the Crystal Lakes	£500	4 June	5 Days	Cork, Cobh & Kinsale – Ireland	£375
5 Mar	5 Days	Mystery Break	£200	5 June	5 Days	Tales of Lancashire, Yorkshire Dales & Skipton	£375
5 Mar	5 Days	Rhonda Valley, Mumbles & Swansea	£215	9 June	5 Days	Chatsworth RHS Flower Show & Perfect Peaks	£385
11 Mar	5 Days	Grand Duchy of Luxembourg & the Mosel	£299	9 June	9 Days	Bonnie Banks, Dunoon & the Isle of Bute	£490
12 Mar	5 Days	Harrogate, York & Scenic Yorkshire Dales	£270	9 June	8 Days	Great Yarmouth & Sandringham	£475
16 Mar	3 Days	Dianes' Bingo Break in Weston-Super-Mare	£130	10 Jun	8 Days	Italian Dolomites & Lake Garda* Free Bar*	£595
16 Mar	4 Days	Historic Rhyl and Roman Chester	£155	15 Jun	3 Days	BBC Gardeners World Live & Good Food Show	£175
19 Mar	5 Days	Bargain Break in Scarborough	£195	17 Jun	7 Days	Bognor Regis, Southsea & Worthing	£450
19 Mar	5 Days	South Coast & Eastbourne	£240	20 Jun	8 Days	Royal Highland Show, Cairngorms & Dundee	£520
23 Mar	3 Days	Time for Tea in Greenwich with Ideal Home Exhibition From	£195	21 Jun	5 Days	Woburn Abbey Garden Show & Riverside Lunch Cruise	£380
25 Mar	5 Days	Charming Cheshire & Derbyshire Dales	£275	23 Jun	10 Days	Fairytales of Copenhagen & Denmark	£1010
25 Mar	5 Days	All Inclusive in Southern Ireland	£345	25 Jun	5 Days	Yorkshire Railway Journeys	£345
30 Mar	4 Days	Easter Break in the Derbyshire Dales	£255	29 Jun	4 Days	Boats & Trains of Worcestershire & Gloucestershire	£299
2 Apr	5 Days	Beautiful Bournemouth & Brockenhurst	£270	1 July	6 Days	Kent's Glorious Coast – Margate & Cliftonville	£360
2 Apr	5 Days	Boats & Trains of Cumbria	£310	2 July	5 Days	Summer By the Sea in Skegness	£295
6 Apr	4 Days	Warner Bros. Studio Tour London	£255	7 July	2 Days	Hampton Court Flower Show & Kew Gardens	£160
8 Apr	7 Days	Killarney & the Ring of Kerry	£500	8 July	9 Days	Switzerland, Italian Lakes & The William Tell Train	£940
8 Apr	5 Days	Antiques Road Trip	£300	8 July	8 Days	Scottish Highland Lochs & Railway Adventure	£540
13 Apr	3 Days	Mystery Break	£150	9 July	7 Days	Isle of Wight	£465
14 Apr	8 Days	Scenic trains of the Harz Mountains & the Fairy Tale Road	£685	16 July	9 Days	Isles of Arran, Mull & Iona	£700
15 Apr	6 Days	Delightful County Durham & Beamish	£385	16 July	5 Days	Chester, North Wales & the Canal in the Sky	£360
15 Apr	5 Days	Mythical Journey Through The Valley of Wales	£330	18 July	5 Days	Marvellous Moselle Valley & Koblenz	£365
16 Apr	5 Days	Worthing & the Arundel Tulip Festival	£345	18 July	7 Days	Isle of Man	£525
22 Apr	6 Days	Lochs & Waterways of Scotland	£340	23 July	5 Days	Bournemouth, Botanical Gardens & Vintage Cruising	£375
22 Apr	2 Days	Roman Bath & Afternoon Tea in the Pump Room	£145	27 July	5 Days	Harrogate & Yorkshire Dales with the Settle Railway	£360
23 Apr	5 Days	York, Harrogate & the Spring Flower Show	£295	27 July	3 Days	Somerset Highlights, Bath, Cheddar and Shoes	£155
25 Apr	7 Days	Isle of Man	£470	30 July	5 Days	Splendour of the Lake District	£355
27 Apr	4 Days	Dutch Bulbfields	£335	30 July	6 Days	The Welsh Coast – Barmouth	£350
28 Apr	5 Days	Isle of Wight	£280	1 Aug	9 Days	The Outer Hebrides- A Passage Through Time	£799
29 Apr	5 Days	Yorkshire's East Coast	£325	5 Aug	8 Days	Following the Tracks of the Glacier & Bernina Express	£799
1 May	10 Days	Spain & Portugal	£785	5 Aug	6 Days	English Lakes & the Scottish Borders – Edinburgh Tattoo	£440
2 May	5 Days	Black & White Village Traill & Morgan's Motors	£375	10 Aug	3 Days	Mystery Weekend	£150

New for 2018, all tours depart from Axminster, Budleigh Salterton, Honiton, Sidmouth, Chard and Ilminster. Telephone for a full 2018 brochure

Merry Christmas and a Happy New Year

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NEW YEAR New You

What's your New Year's resolution?

Slimming World, East Devon

What a challenge! - Carol's Story

IT STARTED with a normal visit to the surgery nurse for blood tests following a period of serious illness and end up with an offer of support for me to be referred to slimming world for a 12 week programme.

That chance comment, the non-judgemental approach of the nurse, started me on a life changing journey!

I attended my first session with fear about being the biggest person ever to walk through the door, I huffed and puffed up the driveway and went through the door to be confronted with men and women laughing and apparently having fun!!! For a moment I wondered if I was at the right place!

The Consultant, Sharon welcomed me in and went through the whole plan with me on that day. I was amazed at what I could eat, in fact I could not believe one could lose weight when one is eating so much! But I have and do!

The food optimising plan itself is not a diet but a way of living and eating that retrains members to recognise nothing is out of bounds but there are choices which are healthy, enjoyable and easy to obtain and prepare, ideal for someone like me who likes an easy life in the kitchen! I couldn't believe I could still enjoy fish & chips, spaghetti Bolognese, a classic filling cooked breakfast as well as my easy favourite roasts.

The support of the group is also key to my journey, I have learnt so much from others, have tried different recipes from the ideas shared at the group session. Sharon is always on hand to encourage and seems to have the knack of sending those text messages when one needs that extra support!

The initial 12 weeks flew by and as I was reaping the benefits so soon I decided to carry on attending and following the plan which is now a way of life for me. I am so determined to carry on and even when I was going through an extremely tough time following the death of my husband, I still persevered - I am now enjoying the prospect of reaching a 10 stone loss goal at the end of January, this I hope to achieve by the date of my joining the group 2 years ago!

Did I say it has been life changing? Well for me my health has improved beyond recognition, I joined the gym and attend circuit classes and I can shop in the high street stores having gone from size 30/32 to 20/18 yes there is still a couple of dress sizes to go but what a difference to every aspect of my life!

I no longer huff and puff up the driveway, mind you Devonshire hills still present a few challenges, but when I think where I started I really want to cheer!

So it is a huge thanks to all those who started me on the journey and have support and encouraged me along the way!

Carol attends Slimming World at the Honiton Family Church every Wednesday at 9.30am. Groups are also held every Tuesday at 3.30pm 5.30pm and 7.30pm and also on a Wednesday at 7.30pm.

For more information please contact Sharon on 07963337178 or like our Facebook page – Honiton Slimming World.

be hot! with Slimming World

MONDAYS
@ 5.30pm & 7.30pm
Ottery St Mary Primary School
Longdogs Lane
Ottery St Mary
Dawn: 07545043059

TUESDAYS
@ 3.30pm, 5.30pm & 7.30pm
Honiton Family Church
Honiton
Sharon: 07963337178

TUESDAYS
@ 5.30pm & 7.30pm
St Gregorys Church Centre
Colyford Road
Seaton
Helen: 01297 34714

WEDNESDAYS
@ 9.30am & 7.30pm
Honiton Family Church
Honiton
Sharon: 07963337178

WEDNESDAYS
@ 6.30pm
Masonic Hall
South Street
Axminster
Helen: 01297 34714

SATURDAY
@ 9.30am
Kings School
Ottery St Mary
Dawn: 07545043059

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0344 897 8000

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touching hearts, changing lives

Bowen Therapy

BOWEN - A LIGHT TOUCH THAT GOES DEEP

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You don't feel well enough to fully engage with your life?
Tired all the time?
Difficult to create any true momentum & are forever not seeing things through?
You know you can feel much better but you don't know how to commit to it?

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Bowen Therapy combined with Energy Healing harnesses not only your own ability & capacity to take on your life with a true power of strength and continuity but will also empower you to resolve, reset & transform pain patterns in your body that may well be showing up in the form of:

- Chronic or Acute Back/Neck/Shoulder Pain
- Sciatica
- Autoimmune conditions
- Hormonal Imbalances
- Migraines/Headaches
- Stress/Overwhelm/Anxiety/Insomnia
- Known or unknown pains & aches

Melanie leads you to and supports:

- Clearly Understanding how to get your Energies Humming and working for you.
- Alignment with your body systems and self healing processes.
- Gently Bring you out of pain and inflammation long term.
- Restoring forgotten vitality and vibrancy.
- Embracing change and experiencing your own strength when new pathways open up.
- Becoming proficient with quick & highly effective Energy Techniques that will enhance your performance Physically &Mentally and bring about strong Emotional Health.
- Moving you away from flight & fight into more ease, calm & clarity, releasing the happy chemicals.
- Learning how to Tap into your own inner wisdom and ability to Self Heal and direct your energies positively.

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www.bowentechniqueindevon.com

NEW YEAR New You

What's your New Year's resolution?

Lindy Parry Podiatrist / Chiropodist

I HOLD my private chiropody clinic at Townsend House Surgery in Seaton.

I offer a range of treatments from a simple nail cut to nail surgery, and each treatment plan is priced accordingly.

The nail cutting only service is a shorter appointment and is ideal for those that don't have any other foot care needs. Others like to alternate nail cuts with chiropody treatments as it best suits their requirements. I always aim to work with the patient to find the best treatment plan to suit each individual. Patients feet are then monitored during treatment so that changes can be made should the need arise.

Diabetic patients who attend for chiropody will also have a diabetic foot assessment carried out during their first treatment, and will then be monitored and re-assessed as necessary.

My chiropody clinics are available to anybody seeking help with their feet and Townsend House and I look forward to welcoming you.

Bookings can be made by calling 01297 22956.

Lindy Parry
Podiatrist / Chiropodist
(BSc Hons Podiatry, MChS, HPC Registration number CH26100)
Townsend House Medical Practice Seaton
To make a booking please call
01297 22956

The Beauty Zone

WITH Christmas just about over and a New Year around the corner, The Beauty Zone has some very special offers to help beat the January blues. Try our"Get up and Glow" hydrating facial with head and hand massage for just £40.

Or "Smoothly Does It" for January jet setters which includes a half leg and Brazilian wax with eyebrow shape for £36.

Finally after the stresses of Christmas try our "Rest and Relax"treatment with rejuvenating back, neck and shoulder massage and relaxing foot massage, for £25.

These offers will be available throughout January and look out for more treats to come. You can book using our "Book Now" button on our Facebook page, or phone 01460 929260 to make an appointment.

Plus don't miss our January Sale with 20% off all gift sets throughout January.

Finally everyone at The Beauty Zone would like to wish all our clients and friends a very happy and healthy New Year and we look forward to seeing you in 2018

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FITNESS TRENDS WE'LL ALL BE FOLLOWING IN 2018

Live streaming classes

The trend for working out in your living room isn't going anywhere next year. While we've been punching and kicking in front of YouTube for years, expect to see a live broadcasting element dominate in 2018. If you're a digital nomad that can't commit to the same weekly classes and sessions, you'll soon be able to take part in interactive, live classes with top trainers from anywhere in the world. Boutique subscription service classpass.com is set to lead the pack, with its own streaming service which launches early next year, while Pelaton (onepeloton.com) has a fleet of inter-connected spin bikes that will pit you against other at-home users. Game on.

Competitive fitness

You might not have fallen out with your friends over who can do a better handstand since school, but a swathe of new classes will prove that your pals can inspire just the right sort of shallow and fervid motivation to push you further in the gym. Anyone who's worked out with a contemporary will know that having a rival can drive you into picking up a larger kettlebell, spinning your legs faster on a bike, or holding a plank for 30 seconds longer. This element of friendly - but blindingly egotistical - competition is a theme that'll shake up the format of group training sessions this year.

Slimming World, South Somerset

be hot! with Slimming World

CREWKERNE
MONDAY
9.30am
The George Reynolds Centre
South Street
Julie: 07946 043473

CREWKERNE
MONDAY
5pm & 7pm
The George Reynolds Centre
South Street
Julie: 07946 043473

CHARD
TUESDAY
9.30am & 11.30am
The Guildhall
Fore Street
Jenny: 07582 228984

CHARD
TUESDAY
7.30pm
The Guildhall
Fore Street
Jenny: 07582 228984

CHARD
WEDNESDAY
5.30pm & 7.30pm
Chard Baptist Church
Holyrood Street
Jenny 07582 228984

ILMINSTER
THURSDAY
5.30pm & 7.30pm
Ilminster Town Football Club
Canal Way
Christine 07540 224036

ILMINSTER
FRIDAY
9.30am
Ilminster Town Football Club
Canal Way
Christine 07540 224036

ILMINSTER
SATURDAY
9.30am
Ilminster Parish Hall
North Street
Christine 07540 224036

Please check the website for any group changes due to the festive season.

Local opportunities to join the team please call Becs on **07890 065185**

slimmingworld.co.uk
0344 897 8000

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NEW YEAR New You

What's your New Year's resolution?

East Devon Sports Therapy

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Improve tissue repair, reduce inflammation, relieve pain with no side effects!

Our system is the only PBM laser system with FDA, CE, TGA, Health Canada and NATO clearance for proven beneficial effects on tissue repair and pain reduction.

Gait Analysis

To resolve injury, prevent re-occurance and correct biomechanical dysfunction.

We analyse your plantar pressure both statically and dynamically for the most accurate results, as your feet change through movement!

Custom 3D Orthotics

It is this 3D print system that gave Paula Radcliffe a come back in 2015 "Without the support of these orthotics, I would have been incapable of recovering this quickly after my operations, this would have probably been the end of my career."
'Paula Radcliffe 2015'

- Arthritis
- Neck Pain
- Back Pain
- Sports Injuries
- Muscle Strains
- Ligament Sprains
- Neurological Conditions

Michelle Hague Hypnotherapy

SOCIAL Anxiety, can seem even more difficult as the festive season approaches. Many people go through life dreading such encounters and social engagements where they are exposed to their feared social situation, which provokes anxiety, or possibly a panic attack. Social anxiety disorder (SAD), not to be confused with seasonal depression associated with the onset of winter or social phobia, is a common anxiety disorder in which individuals shun all forms of interpersonal contact or undergo extreme physical or mental discomfort in social settings. Until recently, this condition was dismissed as a normal variant of human personality. However, most psychologists and therapists now believe that social phobia is not another label for shyness. Shyness neither is a prerequisite for nor can be considered as synonymous with social anxiety disorder.

Patients with SAD crave for company, but fear social interactions because they are afraid of being ridiculed and perceived as unlikable, stupid or boring. They suffer from low self esteem and SAD is also associated with an increased risk of conditions such as depression.

Presently, the treatment options for SAD include either psychotherapy, medication, or both. Cognitive behaviour therapy that aims at changing the thought patterns and physical reactions to anxiety-inducing situations is found to be effective in treating social phobia. SAD has been described as an "illness of lost opportunities." Few people with social anxiety disorder seek professional help. For most patients suffering in silence, it remains a pervasive disabling condition that prevents them from leading a fuller, richer life. Clinical Hypnotherapy can help many to build the skills and self esteem needed to change this debilitating condition, and manage it better. Call Michelle Hague to see if she can help, 07761773563.

The Real You

IT'S that time of year again when we promise we will change ourselves in some way: giving up something (smoking or some food) or start doing something more (exercise or work). And then when we can't keep it up we start to beat ourselves up and give up. Let me help you make the changes in your life without the negativity. Let me help you with the stress of change; help remove the mental and emotional blocks stopping you from reaching your goals.

I use Emotional Freedom Technique (EFT) also called Tapping to help you move forward with your life. A session of EFT has been scientifically proven to lower Cortisol (the stress hormone) in your blood by 24% more than a session of traditional counselling and this can have a major effect on many emotional and physical symptoms.

So if your goal is to give up an addiction, improve your physical and mental health, let go of an unhelpful past, or want to move forward with your life in a strong, positive and relaxed way, please contact me to find out how EFT can help you become the Real You.

Clinical Hypnotherapy

Cognitive Behavioural Therapy
With Mindfulness

Helping you take control of your life

07761 773563

Michelle Hague

BA(Hons) Cert ed PDC Hyp PDCBHyp FBSCH

Clinic in Axminster

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www.facebook.com/therealyou.uk

NEW YEAR New You

What's your New Year's resolution?

Celia Guppy

Look great, feel fabulous and enjoy life!

"EVERYONE deserves to **look great, feel fabulous** and **enjoy life"**, says Celia, a lifestyle specialist who for 30 years has helped others **improve** their **self-image** and **mindset** so that they can **become** their **very best** and **fully enjoy life.**

Celia's skills in NLP & hypnosis will coach you to overcome anything that is making you unhappy, for example: stress, anxiety, depression, weight problems, insomnia, phobias, negative habits, lack of confidence, low self-esteem, bereavement or a relationship break up. It can also **boost** your **confidence** and help you take on things that you may find difficult, for example public speaking, **encouraging you** to **make the very best** of **yourself** and **your life.**

Celia empowers people with the **knowledge** and strategies to **improve** the **quality of their lives**, helping people to have **personal freedom** and **positive choice** in the way that they **think, feel** and **enjoy life.**

Bespoke hairstyling will create fab hair, your 24-hour accessory. Celia gives you **extra time** to discuss the best styles to suit your face shape, hair texture and life style. Each haircut is created with **care** and **precision. Enjoy** an **extra special experience** at a **highly professional, peaceful, countryside salon.**

Celia's expertise in Personal Styling will help you to:

Dress to flatter your body shape and update your current look.

Recognise and emphasise your best features.

Look slimmer or more curvy.

Elongate your legs or torso.

Create a balanced silhouette.

Choose **colours** that **complement you** and **lift your mood.**

Save yourself money and **time** in the **future.**

Look great at every age and **feel more confident.**

Whether Celia is creating a fab hairstyle, showing someone how to dress to flatter their body shape or coaching someone to achieve their goals, her customers tell her that they **look and feel "10 years younger"** and **feel more confident** and **happy.**

MORE FITNESS TRENDS TO HAVE ON YOUR RADAR

Rest and recovery

Yes, you heard correctly. Rest is going to be a big fitness trend next year. Most trainers know that getting enough recovery time after workouts is essential for achieving high-level performance, and the same is true of the average gym-goer. That's why this year will see a shift to advanced recovery plans that will target areas like the fascia - the expansive network of densely-packed collagen fibres that encases every part of your body. If you're bending, flexing and crunching, it's time to take things down a notch and pack in some decent recovery time, to reduce the risk of injury and allow you to perform for better and longer. See you in the sauna.

Strength training

If you're firmly in camp 'strong not skinny', you'll be pleased to know that Pinterest's 2018 forecast picked out strength training as one of the biggies for next year, optimistically claiming that exercise is moving away from size to strength. Instead of squatting and spinning to hit a goal weight, we'll all lifting barbells to build a healthy amount of muscle. Thanks to female celebrity fans like Megan Fox, Millie Mackintosh and Khloe Kardashian, the weights area will truly be a gender neutral utopia next year. Instagram is already following suit with a new fitness photo trend that's a variation of the classic 'before and after' weight-loss photo, but with a major difference - the focus is not on losing weight, but gaining brawn.

Mermaiding

Ever wanted to be a mermaid? Well, now you actually can - in fact, according to experts, you can also get a six-pack at the same time. Dubbed 'mermaiding', the slightly bonkers trend for donning a fishtail and performing aerobic exercises in a swimming pool took off in Colorado last year - and has already started causing slight ripples in the UK. The head-to-fins aerobic classes involve pulling on a sparkly mermaid tail, then learning how to swim like one, by swishing your legs in a rhythmic movement. The classes are said to engage the abdominal muscles, giving you rock-solid abs and a core of steel. Time to dig out your seashell bra.

Richard Cawte Hypnotherapy

The best way to stop smoking!

IF YOU are a smoker, or know someone who would really like to quit but just hasn't been able to yet, you might like to know that help is at hand!

Clinical Hypnotherapist Richard Cawte is offering free initial consultations and a £15 discount on all private sessions throughout January 2018. Having quit using hypnosis himself, Richard is uniquely qualified to help you become a non-smoker - and to stay that way.

Hypnotherapy is the most effective single treatment for people looking to stop smoking (New Scientist). It can be quick, painless (!) and will save the average smoker around £3,600 pounds each year. That's £300 per month!

More importantly, quitting cigarettes will help you to live a longer, healthier life.

If you are ready to stop smoking, hypnosis is the way to go. To find out more, call Richard on 07894 541796 for your initial free consultation. Or come along to the Axminster Wellbeing Centre at 6pm on January 11th for a short introductory talk on how hypnosis works and why it's proven to be the best single method of becoming a non-smoker and staying that way.

Evening Class: Thursday Jan 11th 6pm

Venue: Axminster Wellbeing Centre, Chard Road, Axminster

Entry fee: £5, deducted from first private session.

Richard is a member of the British Societyof Clinical Hypnosis and currently operates from Dorchester, Axminster and Honiton.

Ready for an appointment?

Call 07894 541796 and quote DV1 for your £15 Discount.

TAKE THE BULL BY THE HORNS

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CONTACT LILLIE

CALL 01297 446160 OR EMAIL LILLIE@VIEWNEWS.CO.UK

Celia Guppy

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E: celia@celiaguppy.co.uk

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Richard Cawte, Clinical Hypnotherapist

07894 541796

Dorchester – Axminster – Honiton

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ELECTRICAL Adjustable Bed. 3ft. Simmons Pocketcraft mattress. Hardly used. £50. 01404871257

CLARKS Desert Boots. Size 7, brand new. £20. 01460 52660.

DELONGHI plug in fires. Excellent condition and working order. One 20"x 16" and the other 28" x 16". £20 and £30 respectively. Tel: 01297 625843

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BEARS wooden German black forest with bone eyes and teeth old there is some damage to two feet 5" long x 3" high £50. Tel: 07932 765355

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GOLD Mackintosh Celtic design 9ct Gold Ring with a central Topaz Size N £85. Tel: 07932 765355

GEORGIAN central pedestal table with claw feet small size, a needlework table with a drawer one end £285. Tel: 07932 765355

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DOG CAGE, solid wall plastic with sliding grid at front. It has compartments in the top to hold leads and treats etc. It is suitable for a puppy of small dog. Will fit in the boot of car for travel. Location Colyton - 07412 010245 £30.00

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TWO pairs of mens shoes for sale, black pair size 10.5 and Orange pair size 11. £50 for both pairs 07748 105016 texts accepted.

VAX Rapide Deluxe carpet and upholstery cleaner. Unboxed. Brand new £40. Tel: 01297 625843.

G PLAN 2 and 3 seater sofas, plus storage stool. Neutral colour. Very good condition. £80 ono. 01297 33598.

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LADIES black leather 3/4 coat, size 14. As new. 325ono. Also gren quilted 3/4 coat size 14 as new £25 ono. 01404 43235.

PROFESSIONAL metal detector, super condition and working order, with headphones and batteries, deep seeking ready to go. £435 ono. Honiton. 07594 687485.

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ZANUSSI built-in electric fan oven. White. Very good condition. £75. Tel: 01297 20772

WRANGLER Desert Boots, navy suede, size 8, nearly new. £20. 01297 551480.

COPPER Scuttle, hammered copper design coal scuttle in superb condition, Base is intact and is in as new condition. £65. Telephone 01935 824029

'ENIGMA' essence spray mist by Alexandra de Markoff. 60ml in presentation box, unused. £30. Telephone 01935 824029

MOBILITY shelf trolley for ability to move meals and drinks around. Adjustable height with removable trays for easy cleaning. Item is new, £50. Telephone 01935 824029

DRESSING table, wooden, beautifully made. 40" wide, 30" high, 20" deep. Sturdy with large unblemished mirror, 2 large wide drawers, plus 2 small long drawers. v.g.c. £35. Telephone 01935 824029

LEATHER reclining armchair in dark chestnut brown colour. Heat and massage function. £250. Telephone 01935 824029

ROPER Rhodes backlit illuminated mirror, 600mm x 500mm, shaver socket. Heated demistor pad. Hands free on/off sensor. Fluorescent low energy. Superb condition. £150. Telephone 01935 824029

NEW BT Converse Corded telephone white. £20. Tel: 01297 552841

RUSSELL HOBBS Deep Fat Fryer Stainless Steel Used once £35. Tel: 01297 552841

LADIES Pikolinos Black Boots, size 6. Only worn on 4 occasions. Immaculate condition £25. Tel 01460 221817

OFFERED for sale reclaimed Redland Grovebury roof tiles (size 33cm x 41cm). Approximately 580, plus some 24 ridge tiles. £200. Located near Stockland. Please call 07479 474392.

BRAND new M&S real leather bomber style jacket. Gents, black large size. Never been worn, labels still attached. Cost £80 new, will accept £45 ono. Tel: 01404 43782 (evenings).

COPPER Scuttle, hammered copper design coal scuttle in superb condition, Base is intact and is in as new condition. £65. 01935 824029

'ENIGMA' essence spray mist by Alexandra de Markoff. 60ml in presentation box, unused. £30. 01935 824029

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ROPER Rhodes backlit illuminated mirror, 600mm x 500mm, shaver socket. Heated demistor pad. Hands free on/off sensor. Fluorescent low energy. Superb condition. £150. 01935 824029

Modern Veneer dining table with 4 leather swivel dining chairs. Very goo condition. Dimensions, length 160cm, width 91cm, height 74cm. £150 ono. Tel: 07702050656

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We reserve the right to not print classified listings we are sent, as this is a free service. Please refrain from calling if your listing is not printed the week you expect – due to varying space each week, it may be that your listing will be included in a future edition. Please note – **WE CAN NOT ACCEPT CLASSIFIED LISTINGS BY PHONE.**

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COLYTON £275,000

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COLYTON £325,000

Four Bedroom Character Property in the Heart of the Town with Courtyard Garden & Parking. Sitting Room with Wood Burning Stove & Spacious Kitchen/Dining Room, Bathroom & Cloakroom. EPC: E

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SEATON £465,000

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AXMINSTER £139,950

Extremely Well Presented One Bedroom End of Terrace House with Shower Room, Attractively Fitted Kitchen, Open Plan Lounge & Conservatory, S.W. Facing Garden & Two Parking Spaces. EPC: C

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The ultimate leisure guide for East Devon and South Somerset

VIEW 2

Winning works on display

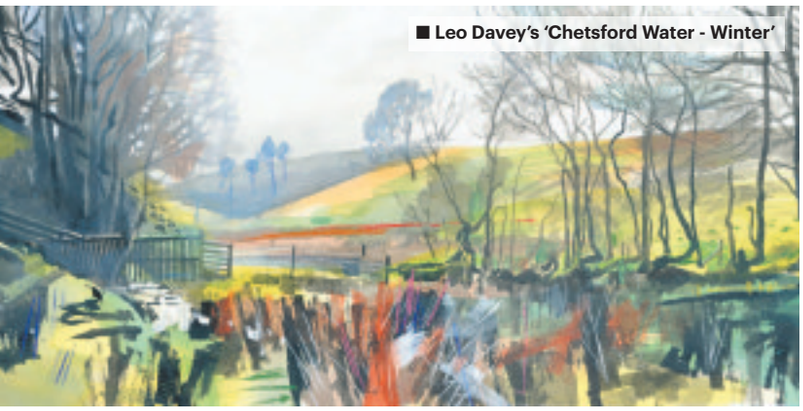
THE first exhibition of the year at Ilminster Arts Centre is a group show by the prizewinning artists of the Ilminster 2017 Open Competition.

This exhibition has the reputation of being a barometer of talent in Somerset and the local region and features a wide range of subjects, from carefully observed still lifes to colourful abstract landscapes. There's an equally broad scope of media on show too, including wood turned vessels, delicately nuanced drawings and prints, along with vibrant watercolours and oils.

Taking part in the exhibition are Leo Davey, the West Somerset based artist and illustrator who won first prize, and the joint second prize winners - painter and printmaker Marie Blake and Philip Winstone, a self-taught abstract-impressionist painter whose work is inspired by the Dorset coast. Also returning to the Arts Centre is Liz Kent, a skilled wood turner who was a joint winner of the 3D prize, and Jenny Barron, a Watchet based artist whose realistic still life paintings in watercolour scooped the Visitors' Choice Award.

The line-up is completed by the three Highly Commended prizewinners: Andrea Clark, Jan Godfrey and Robert Hinton.

This eclectic and enjoyable exhibition opens on Tuesday, January 2nd and runs until Saturday, January 20th.



■ Leo Davey's 'Chetsford Water - Winter'

Arts Centre looks ahead to 2018

THE old year may be drawing to a close but Ilminster Arts Centre is already looking ahead to an action-packed 2018 and has just announced its events programme for January to April. From classical concerts to jazz gigs and folk nights, art exhibitions, craft workshops, textile fairs, a reader's group, jazz jam sessions and much more, there is always something interesting to see and do at the Arts Centre.

The Arts Centre's latest events guide has just been published and is your indispensable guide to enjoying the arts in Ilminster. It's available from local libraries, TIC's and, of course, from the Arts Centre itself. Pop in and pick up your copy - and start planning your cultural year ahead.

Advertiser's announcement

Let the Bible speak

INCHING into the New Year, perhaps after seasonal celebrations with family and friends, we turn to face 2018 wondering what it holds for us individually and for the increasingly uncertain world we live in. The quote from Psalm 24 which appears at the head of this advertisement expresses the simple fact that the earth belongs to its Creator God. The psalm goes on to say that He has a plan for it and the Bible throughout tells what that purpose is.

The preceding psalm, number 23, is famously well known. Here, writing 1000 years before the time of Jesus, David, God's king-in-waiting, writes of his trust in God at a time when he was under constant threat from his enemies. He says, "The Lord is my shepherd so I shall not be in want". He tells of God restoring and guiding him through his difficulties even when he is in the "valley of the shadow of death". His trust and hope was well-founded in what he knew of God from His word.

Today, that is still one of the rewards for getting to know the Bible.

Let the Bible speak

"The earth is the Lord's and all its fullness – the world and those who live in it"
(Psalm 24)

Public Bible talks in January 2018, God willing

07	January	Will the World go on for ever?
14		The Call of the Bible
21		Jesus in the Old Testament
28		One Bible Many Churches – why?

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Beehive box office: 01404 384050

To advertise in View 2 call Lillie on 01297 446160 or email lillie@viewnews.co.uk

Diary Dates

TUESDAY DECEMBER 26TH

CHARD: Dancing with the Dancing Duo Henry & Jeannie. Theme 'Boxing Day Special' (evening wear preferred), at Chard Guildhall. 8-11pm. Free parking. Bring your own snacks. Tea/coffee and biscuits provided. Pay on the door £6.

WEDNESDAY DECEMBER 27TH

SEATON: Call in for a cuppa and a chat with Age UK Devon 9.30 – 12 noon at number one (1 Harepath Road) Wheelchair access available.

THURSDAY DECEMBER 28TH

SEATON: Knit and Natter with Age UK Devon 1.30pm – 3.30pm at number one (1 Harepath Road). Wheelchair access available.

SUNDAY DECEMBER 31ST

YEOVIL: Yeovil Car Club's New Year's Day Meeting at Haselbury Mill. Just off A30 East of Crewkerne. TA18 7NY. 10am-2pm. Bring along your Vintage, Classic, Commercial, Sports or Grand Touring car. Hog roast and Licensed bar. No booking required. Only £ 2 per car. Great Cars, Great Company and Great Atmosphere.

SIDMOUTH: New Year's Eve Ball at Stowford CommunityCentre, 8pm-12.30am. £10. Evening wear preferred. Prize donations for charity draw welcomed.

WEDNESDAY JANUARY 3RD

COLYTON: Colyton, Colyford & District Memory Café 2pm to 4 pm, St John Hall, King St, Colyton.

COLYFORD: Women's Institute, 2pm in the Memorial Hall. The talk is a history of the mounted police. More information from Elizabeth on 01297 624250.

AXMINSTER: Axminster Roman Civilisation or Enslavement in East Devon? County Archaeologist Bill Horner uses county wide evidence of roads, iron workings, forts and camps to show how East Devon was fully integrated into The Roman Empire. Axminster Historical Society 7:30 The Bradshaw Meeting Room, Axminster Heritage Centre, Silver Street, EX13 5AH All Welcome.

THURSDAY JANUARY 4TH

CREWKERNE: Crewkerne Folk Dance Club, St Bartholomew's Church Hall, Abbey St TA18 7HY. Dancing 8pm-10pm. £3.50 First visit free.

CHARD: Chard Camera Club will be meeting at 7.30pm in the Baptist Church Hall, Holyrood Street. In house Digitally Projected Image competition on the subjects of 'In the dark' and two 'Open subjects'. Anyone interested in joining the club and getting to use those unexpected Camera presents will be made most welcome if they would like to call in on the night. All other details can be found on their website www.chardcameraclub.org.uk or by ringing the membership secretary Joyce Partridge 01460 66885

SEATON: Call in for a cuppa and a chat with Age UK Devon 9.30 – 12 noon at number one (1 Harepath Road) Wheelchair access available.

FRIDAY JANUARY 5TH

CREWKERNE: Sequence Dance at the Victoria Hall from 1.45pm to 4pm. Tea and Biscuits.Raffle. £2 per person. More details call 01935 415520 or 01308 862866.

SEATON: Knit and Natter with Age UK Devon 1.30pm – 3.30pm at number one (1 Harepath Road). Wheelchair access available.

SATURDAY JANUARY 6TH

SEATON: What's that bird? 11am to 1pm, Tower hide at Seaton Wetlands. Whatever your level of experience come and learn more about the birds found at Seaton Wetlands. A free event, no booking required. Find out more at wildeastdevon.co.uk

SEATON: Wassailing walk, 10am to 11:30am, Younghayes Community Centre, Cranbrook, EX5 7DR. Walk down to the Orchard along Oakbeer Orchard. Bring a noisy instrument with you to help us to scare away the evil spirits and ensure a good harvest for the following year.

SUNDAY JANUARY 7TH

Exeter Northcott Theatre announces 2018 Spring Summer Season

EXETER Northcott Theatre is delighted to announce a packed 2018 spring and summer season with tickets now on sale for more than 50 new shows.

As a year of 50th anniversary celebrations begin, a diverse programme puts classical drama, new writing and modern adaptations alongside dance, opera, musicals and comedy.

One of the highlights of next year's season is a first visit from Cornwall's Kneehigh Theatre with its acclaimed The Flying Lovers of Vitebsk.

The production follows artist Marc Chagall and wife Bella through a war-torn 20th-century Europe, reflecting the artist's work from the stage with music and dance in the Russian Jewish tradition.

There is an extraordinary new circus adaptation of the Little Mermaid by our associate company Metta, who were behind the smash hit Jungle Book, with awe-inspiring acrobatics and spellbinding original songs.

Following a successful pilot, Beyond My Control returns ahead of a national tour. Science meets theatre in this interactive performance about epilepsy, excitability and all things neurological. Developed in association with the University of Exeter, this work forms part of the theatre's IMPACT strand of work – leading edge performance on subjects where University of Exeter research is world leading.

John Godber's award winning comedy about a hopeless pub rugby team, Up 'n' Under, is given a unique spin by visual physical theatre company fingersmiths' with a cast of deaf and hearing actors using British Sign Language and spoken English.

The extraordinary Vamos Theatre brings its trademark, wordless, full mask style to A Brave Face, which is set in the Afghanistan war and explores post-traumatic stress and the impact it can have on even the closest of families.

Innovative dance productions include a striking adaptation of Macbeth by the Mark Bruce Company, new works by the Richard Alston Dance Company, a double bill by Ballet Black and the return of Northern Ballet and Ballet Central.

Lionel Bart's Oliver! is among the musical offerings alongside Sasha Regan's all male Iolanthe and a production of Flashdance, starring Strictly Come Dancing Champion Joanne Clifton and A1 heartthrob Ben Adams.

For younger audiences there is puppetry and music in Theatre Alibi's The Boy Who Climbed into the Moon, Birmingham Stage Company's world premiere production of David Walliams' Awful Auntie and an imaginative retelling of Gruffalo author Julia Donaldson's The Snail and the Whale.

Drama offerings include Filter Theatre's riotous production of A Midsummer Night's Dream, a new staging of Dickens' Great Expectations, with Nicola McAuliffe and West End hit The Wipers Times, by Ian Hislop and Nick Newman, tells the true and extraordinary story of a satirical newspaper created in the mud and mayhem of the First World War.

A company of ex-soldiers bonds as a theatrical band of brothers in the heartwarming story about surviving the forces and PTSD, Soldier On – a play within a play written by Soldier, Soldier and London's Burning actor Jonathan Guy Lewis.

There are a string of comedy shows including Stewart Lee, David Baddiel, Richard Herring and cherished raconteur and cricket lovers' favourite, Henry Blofeld.

English Touring Opera return with a new staging of Mozart's The Marriage of Figaro and a revival of their critically acclaimed 2011 Puccini double bill, il Tabarro and Gianni Schicchi.

Also, just announced for sale and opening in October is a major new revival of Schiller's Don Carlos starring Tom Burke as the Marquis of Posa. This great romantic drama forms the centrepiece of the theatre's 50th anniversary year, which is supported by patron Dame Judi Dench.

Paul Jepson, artistic and executive director at Exeter Northcott, said: "I really hope people are as excited as I am about what we have put together for next year.

"Our programme is now not only of incredibly high quality it is also extraordinarily diverse – whether it is what we've made, what our associate companies have made or what our partners have made.

"I want people to look at the programme and think 'wow, I've really got to see that' because we try to put audience enjoyment at the heart of everything."

Tickets for the spring/summer 2018 season are now on sale. Call the Exeter Northcott Theatre box office on 01392 726363 or book your seats online at the Exeter Northcott Theatre website: www.exeternorthcott.co.uk. Alternatively buy in person from Exeter Northcott Theatre, Stocker Road, EX4 4QB

ILMINSTER
arts centre
AT THE MEETING HOUSE

PRIZEWINNERS' EXHIBITION
Mon 2 - Sat 20 January
Artwork by the winners of the 2017 Ilminster Open Competition.

MIKE DENHAM'S 23RD SPEAKEASY
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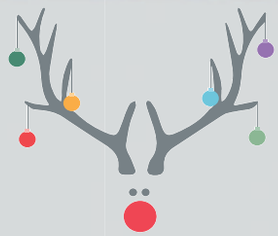

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Diary Dates

MISTERTON: Crewkerne and District Twinning Association Twin Pie Lunch and Coffee/Tea at the WI Hall, Misterton. 12pm for 12.30pm, bring your own drinks. £10 per person to include 2 strips of raffle tickets for gifts from our friends in France. Book before January 2nd by calling 01460 75025 or 72926.

MONDAY JANUARY 8TH

AXMINSTER: Discover You Can Draw: An Axminster Heritage Craft day with informal and friendly help from local artist Marie Blake. The first of three sessions £4 each. Just bring a pencil! 2.00pm - 4.00pm Info or book: call 07969 804184 or 01297 639704. The Bradshaw Meeting Room, Axminster Heritage Centre, Silver Street, EX13 5AH

SEATON: Book and a Brew with FoSL (Friends of Seaton Library). 10.30-11.30am, Seaton Library Free tea/coffee, biscuits and chat. Everyone welcome.

TUESDAY JANUARY 9TH

COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare @ Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Raffle and Refreshments. Ample free parking.

CHARD: Chard WI meeting at Chard Baptist Church Rooms, Holyrood Street TA20 2AH. 'It Shouldn't happen to a Writer' a talk by Michael Malaghan, starts 7.30. New members welcome. Call Joanne on 01460 68133 for more information. Meetings second Tuesday of every month.

WEDNESDAY JANUARY 10TH

SEATON: Yoga with a Chair 1.30 to 2.30 at the Gateway, Fore St. Yoga for EVERYbody £5. All welcome. Just turn up! Contact: Yvonne 01297 20326 or email waite@relaxatseaton.co.uk for details.

THURSDAY JANUARY 11TH

CREWKERNE: Crewkerne Folk Dance Club, St Bartholomew's Church Hall, Abbey St TA18 7HY. Dancing 8pm-10pm. £3.50 First visit free.

OFFWELL: Honiton & District Flower Club present Elizabeth Graham (National Demonstrator), Heralds of Spring at Offwell Village Hall EX14 9SB at 2.15pm. Members £5, Visitors £10. Refreshments available.

SEAVINGTON: Seavington Gardening Club - coffee and tea will be served before our speaker 'Claire Hart ' begins her talk at 7.30pm on ' How to prepare vegetables for showing The meeting will be held in Seavington Millennium Hall . Visitors are welcome £2 at the door. Enquiries to Karen Day 01460 929605.

CHARD: Chard Royal Naval Association AGM at the Chard Rugby Football Club, Essex Close. Membership of the association is not confined to former naval personnel and any person interested in joining would be made most welcome to join. For more details call secretary on 01460 77978

CREWKERNE: Crewkerne Gardening Club meeting at the Henhayes Centre at 7.30pm. Speaker Mike Burks. Topic ; Gardening Trends. This session looks at new trends in gardening including the latest developments and the plants that are in fashion.

FRIDAY JANUARY 12TH

CREWKERNE: Sequence Dance at the Victoria Hall from 1.45pm to 4pm. Tea and Biscuits.Raffle. £2 per person. More details call 01935 415520 or 01308 862866.

COLYTON: Coly Movies showing the film: 'Dunkirk'. At the Reece Strawbridge Youth Centre (lower hall), 7pm for 7.30pm. Admission £5 at the door. Refreshments available. Disable access from lower car park.

SUNDAY JANUARY 14TH

SIDMOUTH: Winter Stories, Songs & Serenades, with Janet Dowling, Cathy Walters, Tony Sparkes - story tellers, Val Howels - Soprano, and John McGregor - piano. Free concert with exit collection for the Restoration Fund. At Sidholme Music Room, 3.30-4.30pm.

More Diary Dates on page 22

Deadline is Friday 4pm for the following Tuesday's publication. Please ensure dates are included for all listings - weekly listings without dates may not be published.

'Christmas. Time.'

A fabulously funny festive treat

CHARLIE and Toby are feeling low, and why wouldn't they? It's Christmas Day and they're serving time at Her Majesty's pleasure. But why shouldn't they be having a Merry Christmas in spite of their incarceration? What's stopping them from creating Christmas around them? Absolutely nothing!

And so they set off on their festival of carols, Claus, Christ and custody! Join them on a fantastical adventure through Dickens, pantomime, musical, Christmas dinner and Christmas films! See as they build a wonderfully Merry Christmas around them with songs, snowmen and lots of laughs in this truly festive show that puts the 'cell' firmly back in 'celebration'!

Written by Daniel Richards and Ciaran Clarke, and directed by Simon Harvey (Kneehigh and o-region), *'Christmas. Time.'* This is a musical comedy for all the family, a festive and fantastically funny Christmas offering from Near-ta Theatre! Suitable for ages 10+

The show will be performed on Thursday, December 28th at 7.30pm at Stockland Village Hall, EX14 9EF. A licensed bar is available. Book tickets with Wendy on 01404 881207. Tickets are priced £8, Under 18s £6, and family £25.

■ A scene from *Christmas. Time.*

Griff Rhys Jones: Where Was I?

FOLLOWING the successful tour of "Jones and Smith" last year – his one-man, stand-up and story show about his partner, his untimely death, their relationship and the onset of ageing - Griff Rhys Jones is going back on the road this spring to explore the subject of travel.

Where was I? takes as its starting point some of Griff's personal jaunts from the last fifteen years. He has sailed a boat to St Petersburg and around the Med. He has travelled in Morocco, the Galapagos, India and Australia. But mostly he has ventured forth to work for TV, making Greatest Cities, A Slow Train to Africa, In Search of the Black Rhino, Burma and The Forgotten Army, several series of Three Men In A Boat and programmes on mountains, rivers, lost routes and tribal art.

He's going to look behind those "making of" snippets for the real truth about TV travel. He has wandered from The Torres Straight Islands to Mali, from Moscow to Dar Es Salam, ridden "the train of death", jumped from a burning boat in the Galapagos, sat with tribal elders and been ordered off their island. He has unwillingly climbed up mountains and abseiled down waterfalls, gone window cleaning on New York skyscrapers without a safety rope and clambered through Manchester's most demanding sewers. And all without the help of Bear Grylls.

He will be telling plenty of funny stories but also musing on the nature of travel itself - about the differences between travel and tourism. Why do we go? What are we searching for? What do you need to pack? Why does television demand jeopardy, incident and immersion? And what exactly does that mean for your sanity? Ben Loyal in a blizzard. Upside down in the Wye rapids. Falling out of a coracle. Why does it all have to be so arduous? It's the truth about making travel television. And the truth about wanderlust. And he has never lain on a beach with a cocktail in his life. Isn't it time for a holiday? Why do holidays have to be improving and what's the point of looking at ruins? What are all us old people doing taking gap years? And most important of all - how to get an upgrade. Every aspect of the mania to leave home will be under consideration and some for the armchair traveller too.

Griff Rhys Jones brings 'Where Was I?' to Yeovil's Octagon Theatre on Saturday, February 10th. For more details and tickets visit www.octagon-theatre.co.uk or call 01935 422884.

WALKING NETBALL

Sessions starting From 7th January 2018

Walking Netball is a slowed down version of the game, designed for anyone looking to exercise in a **relaxed, supportive** and **friendly** environment.

A game of Walking Netball is for **all ages and abilities** and every session contains a gentle warm-up.

- **Crewkerne 160 Sports Centre.** Tuesdays 6-7pm. Call Marion on 014602 71683 for more information.
- **Westfield Academy, Yeovil.** Sundays 10.30-11.30 pm Call Sarah on 07984 995451 for more information.
- **Colyton Leisure Centre.** Fridays 8.15-9.15am. Call Jenny on 07540 126598 for more information.
- **Bicton College, Budleigh Salterton.** Wednesdays 11am-12pm Call Jenny on 07540 126598 for more information.

CALL FOR MORE INFO!

England Netball South West Regional Office, Somerset Activity & Sports Partnership,Castle Road, Chelston Business Park, Wellington, TA21 9JQ

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England netball

Advertiser's Announcement

How do I take a walk on the mild side?

WALKING Netball is one of the newest forms of walking sports to emerge in our communities. The rules are essentially the same as the traditional game, but by reducing the speed and taking out jumping, the game becomes much more accessible to those who are less active, injured or have previously been unable to take part due to ongoing illness.

With less impact on the joints, Walking Netball leaves plenty more time for lots of laughter and fun. The game is proving a real 'life changer' and participants are not only seeing an improvement in their general fitness (including lower heart rates and blood pressure), but many have seen improvements with specific physical ailments and mental health too.

Sessions are led by a fully trained Walking Netball Host who will welcome you to the session and then take you through a gentle warm up and some basic skills. Every session involves an opportunity to play a full game of Walking Netball, relearn the rules and the positions before sitting down to grab a drink and have a natter!

Still not convinced that Walking Netball is for you? Have a read of this; written by a participant of the Walking Netball session at Crewkerne.

How I Overcame my Allergy to Sport

Until recently I had a total aversion to sport, playing it or watching it. Memories of numb fingers and freezing, bare legs on the school hockey pitch, added to the shame of always being last to be picked for netball, put me off it for life. Once I left school I never felt the urge to participate in sport again and, at the age of 53, I didn't imagine that I ever would. All that changed recently when I discovered Walking Netball. I was persuaded into giving it a go by some friends but thought I would hate it as much as I did at school. Now I'm an addict and try never to miss a session.

You don't need to know anything about netball before you attend, all levels of fitness and expertise are catered for, and all ages and sizes are welcomed (I write as someone who is definitely built for comfort not for speed). The age range of the group so far ranges from 20s to 70s. The objective is to get a bit fitter, have some fun and the score is always 12-12 at the end. It's also very sociable and you're welcome to stick around for a cup of tea or coffee afterwards.

So any ladies out there looking for a new way to get fit or meet new people, why not give it a go – you might surprise yourselves!

#wedNEWSday

Each week we will be updating you on a good news story from the South West as part of our new wedNEWSday articles. If you have a good news story that you would like to share please send your story and a picture to Rachel Bussey (rachel.bussey@englandnetball.co.uk)

Diary Dates

MONDAY JANUARY 15TH
AXMINSTER: Bingo at the Guildhall. Doors 7pm, eyes down 8pm.
CREWKERNE: Crewkerne Awareness January Meeting. Guest Speaker: Peta Kierstan on 'Energy Boosts For New Year'. At the Meeting Room, Unitarian Chapel, Crewkerne. 7pm - 9.30pm. Admission £2.50 (Includes Light Refreshments) Everyone Welcome. Further details telephone Anastasia 01460 351019

TUESDAY JANUARY 16TH
COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare @ Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Raffle and Refreshments. Ample free parking.
SIDMOUTH: Sidmouth Folk Choir, with leader - Tess Bisson. Free concert with exit collection for the Restoration Fund. At Sidholme Music Room, 8-9pm.

WEDNESDAY JANUARY 17TH
COLYTON: Devonshire Association, Axe Valley Branch: at 2:30pm. An illustrated talk by Colin Pady: "Salt production in the Axe Estuary". At the Pavillion, Peace Memorial Playing Fields, Coly Road, Colyton EX24 5PU. Entrance donation £1 for DA members and £3 for non-members. Contact: Brian Denham 01297 551529 or brian_denham@talktalk.net.
SEATON: Yoga with a Chair 1.30 to 2.30 at the Gateway, Fore St. Yoga for EVERYbody £5. All welcome. Just turn up! Contact: Yvonne 01297 20326 or email waite@relaxatseaton.co.uk for details.
SIDMOUTH: Music in January with Val. Howels - Soprano, and John McGregor - piano (for STB.). Free concert with exit collection for the Restoration Fund. At Sidholme Music Room, 8-9pm.

THURSDAY JANUARY 18TH
CREWKERNE: Crewkerne Folk Dance Club, St Bartholomew's Church Hall, Abbey St TA18 7HY. Dancing 8pm-10pm. £3.50 First visit free.
CHARD: Chard Camera Club workshop evening and general chat around the use of and settings to all the many types of camera that the members hold.
SIDMOUTH: Sidmouth Ukelele Strummers and Singers with leader - Nick Birt. Free concert with exit collection for the Restoration Fund. At Sidholme Music Room, 8-9pm.

FRIDAY JANUARY 19TH
CREWKERNE: Sequence Dance at the Victoria Hall from 1.45pm to 4pm. Tea and Biscuits.Raffle. £2 per person. More details call 01935 415520 or 01308 862866.

MONDAY JANUARY 22ND
AXMINSTER: Bingo at the Guildhall. Doors 7pm, eyes down 8pm.

TUESDAY JANUARY 23RD
COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare @ Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Raffle and Refreshments. Ample free parking.

WEDNESDAY JANUARY 24TH
SIDMOUTH: Sidmouth Society of Arts monthly meeting at Kennaway House. Artistic Demonstration by Trevor Waugh entitled 'Roses in Watercolours'. Visitors welcome, entry £2. Refreshments available. 7pm-9pm.

THURSDAY JANUARY 25TH
CREWKERNE: Crewkerne Folk Dance Club, St Bartholomew's Church Hall, Abbey St TA18 7HY. Dancing 8pm-10pm. £3.50 First visit free

FRIDAY JANUARY 26TH
HONITON: Print Workshop at Thelma Hulbert Gallery, 10am-3pm. Join artist Laurel Coxon from Arrietty to print your own fabric to turn into a lampshade. Materials provided. £55 (£45 THG Friends) Booking essential 01404 45006/ info@thelmahulbert.com
TATWORTH: Film: 'The Exception' (cert 15). At Tatworth Memorial Hall. Doors 7.15pm for 8pm. Organised by T&F Movies. For more details call 01460 220339.
CREWKERNE: Sequence Dance at the Victoria Hall from 1.45pm to 4pm. Tea and Biscuits.Raffle. £2 per person. More details call 01935 415520 or 01308 862866.

SUNDAY JANUARY 28TH
SIDMOUTH: The Pinwood Pipe Consort with leader Ashley Allerton. Free concert with exit collection for the Restoration Fund. At Sidholme Music Room, 8-9pm.

MONDAY JANUARY 29TH
AXMINSTER: Bingo at the Guildhall. Doors 7pm, eyes down 8pm.

TUESDAY JANUARY 30TH
COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare @ Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Raffle and Refreshments. Ample free parking.

THURSDAY FEBRUARY 1ST
CREWKERNE: Crewkerne Folk Dance Club, St Bartholomew's Church Hall, Abbey St TA18 7HY. Dancing 8pm-10pm. £3.50 First visit free.

FRIDAY FEBRUARY 2ND
CREWKERNE: Sequence Dance at the Victoria Hall from 1.45pm to 4pm. Tea and Biscuits.Raffle. £2 per person. More details call 01935 415520 or 01308 862866.

SUNDAY FEBRUARY 4TH
COLYFORD: Indoor Boot Sale at Colyford Memorial Hall, 9am-2pm. For more details call 01297 23591.

MONDAY FEBRUARY 5TH
AXMINSTER: Bingo at the Guildhall. Doors 7pm, eyes down 8pm.

TUESDAY FEBRUARY 6TH
COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare @ Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Raffle and Refreshments. Ample free parking.

THURSDAY FEBRUARY 8TH
CREWKERNE: Crewkerne Folk Dance Club, St Bartholomew's Church Hall, Abbey St TA18 7HY. Dancing 8pm-10pm. £3.50 First visit free.

FRIDAY FEBRUARY 9TH
CREWKERNE: Sequence Dance at the Victoria Hall from 1.45pm to 4pm. Tea and Biscuits.Raffle. £2 per person. More details call 01935 415520 or 01308 862866.
COLYTON: Coly Movies showing the film: 'Victoria & Abdul'. At the Reece Strawbridge Youth Centre (lower hall), 7pm for 7.30pm. Admission £5 at the door. Refreshments available. Disable access from lower car park.

SUNDAY FEBRUARY 11TH
COLYFORD: Indoor Boot Sale at Colyford Memorial Hall, 9am-2pm. For more details call 01297 23591.

TUESDAY FEBRUARY 13TH
COLYFORD: Bingo - Cash Prizes. In aid of Seaton Friends Hospiscare @ Home. Doors open 7pm - Eyes Down 7.45pm. Colyford Memorial Hall. Raffle and Refreshments. Ample free parking.

THURSDAY FEBRUARY 15TH
CREWKERNE: Crewkerne Folk Dance Club, St Bartholomew's Church Hall, Abbey St TA18 7HY. Dancing 8pm-10pm. £3.50 First visit free.

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COLYFORD: Indoor Boot Sale at Colyford Memorial Hall, 9am-2pm. For more details call 01297 23591.

MONDAY FEBRUARY 19TH
AXMINSTER: Bingo at the Guildhall. Doors 7pm, eyes down 8pm.

6Music favourites This Is The Kit head to Lyme

THIS Is The Kit will play the Marine Theatre as the first date of an international tour. The playful indie folk band led by Paris-based songwriter Kate Stables (pictured inset) - has earned the adoration of peers including Guy Garvey, The National and Sharon van Etten. In the last year This is the Kit have performed live in session on BBC 6music and at festivals including Glastonbury.

The new album is on Rough Trade records, home to The Strokes and Jarvis Cocker; 'Moonshine Freeze' is undoubtedly their best to date, and is produced by John Parish (PJ Harvey, M Ward).

Moonshine Freeze is a beguiling mixture of musical sophistication and something more guileless - children's games, incantations and snatches of nursery rhymes.

This Is The Kit play at the Marine Theatre on Thursday, January 11th at 8pm. Tickets are £16, available to book at onine at www.marintheatre.com or by calling the box office on 01297 442138.

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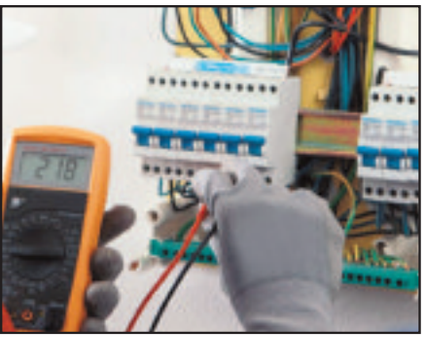

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MG ZS – the alternative to Santa's sleigh!

SCIENTISTS calculated that Santa Claus needs to deliver presents to 1.6 billion children across the world – that's a lot of space required in his sleigh, not to mention horsepower from his trusty reindeer.

Thankfully, the rest of us have far fewer gifts to dispatch during the festive season. So, while the MG ZS, MG's newest Compact-SUV model, does not need to stack billions of gifts, there's plenty of space if you've been more than generous this year.

The MG ZS was launched last month (November 2017) and is already MG Motor UK's fastest-selling vehicle. There's no doubt that Santa will approve: it offers a premium travelling experience for driver and passenger alike, making it perfect for long journeys – even those under the 510 million kilometres that he will cover on Christmas Eve.

The MG ZS has 55mm additional rear shoulder room and 80mm rear headroom compared to the average Compact-SUV and a huge 448 litres of boot capacity, which is 60 litres larger than the typical car in its class. There's also a split-level boot that provides plenty of room for luggage, leisure equipment, food and drink, and, of course, those all-important presents.

Santa will encounter all manner of weather conditions when he whizzes around the globe and the MG ZS can easily match the sleigh for endurance, having undergone MG Motor UK's most rigorous test programme to date, involving more than one million hours and three million miles of strenuous structural integrity testing, coping with temperatures as low as -35C in Sweden as high as 42C in Spain. The Compact-SUV also delivered a strong performance at high altitudes.

And, if Santa needs to reinvest in a new vehicle with a smooth and responsive gear box, the MG ZS is ideal: he can choose from a 1.5 DOHC VTI-tech, four-cylinder engine with five-speed manual gearbox, or a 1.0 GDI turbocharged, three-cylinder version of the engine, which complements the six-speed automatic gearbox option to produce a fast-paced and dynamic ride.

Crucially, the MG ZS comes with an industry-leading 7 year/80,000 miles warranty, one of the longest fully transferable warranties in its class, as standard. The warranty is an extension of the manufacturer warranty, providing customers with complete peace of mind. It also comes with the option of a six-year anti-perforation warranty, which covers against corrosion.

For more details about the MG ZS, visit www.mg.co.uk/mg-zs

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2014(14) BMW 320D SPORT
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£13,500

2014(64) MERCEDES E220
CDI SE AUTOMATIC ESTATE
£16,350

2014(64) NISSAN QASHQAI
1.5 DCi ACENTA PREMIUM
£11,450

2013(63) SKODA OCTAVIA
1.4 TSi ELEGANCE,
£8,450

2015(15) MINI ONE 1.2
PEPPER PACK
£9,500

2014(64) MINI COOPER D
CHILI PACK
£10,500

MINIS

2016(66) MINI COOPER D 5 DOOR CHILI PACK, Metallic Electric Blue, 19000 Miles, MINI Warranty until November 2019, SAT NAV, Cruise Control, DAB Radio. Alloy Wheels, Climate Control, £0 Road Tax £12350
2015(15) MINI COOPER 1.5 136 PEPPER PACK, Pepper White, 12000 Miles, Full MINI Service History, TLC Service Pack, Visual Boost Stereo, DAB Radio, Bluetooth Phone, Alloy Wheels, £20 Road Ta £10750
2015(15) MINI ONE 1.2 PEPPER PACK, Metallic Moonwalk Grey, MINI Service History, Visual Boost Radio, Climate Control, DAB Radio, Bluetooth, Alloy Wheels, MINI Warranty, £20 Road Tax £9500
2014(64) MINI COOPER D CHILI PACK, Volcanic Orange, Full MINI Service History, SAT NAV, DAB Radio, Bluetooth Phone, Climate Control, Alloy Wheels, Cruise Control, £0 Road Tax £10500
2014(64) MINI COUNTRYMAN COOPER 1.6 CHILI PACK, Metallic Starlight Blue, 22000 Miles, Full MINI Service History, Climate Control, Cruise Control, Alloy Wheels, Bluetooth, £135 Road Tax £12500
2013(63) MINI COUNTRYMAN ONE 1.6 AUTOMATIC, Absolute Black, 23000 Miles, Full MINI Service History, Climate Control, Rear Parking Sensors, Alloy Wheels, Bluetooth, DAB Radio £11500
2013(63) MINI CLUBMAN ONE DIESEL, Metallic Midnight Black, Service History, Digital Climate Control, DAB Radio, Bluetooth Phone, Alloy Wheels, £20 Road Tax £7750
2013(63) MINI ONE 1.6 AUTO, Chili Red, 16000 Miles, Full MINI Service History, SAT NAV, DAB Radio, Bluetooth Phone, Alloy Wheels, Cruise Control, Air Conditioning £9500

CONVERTIBLE

2012(12) VOLKSWAGEN GOLF 1.6 TDi SE CONVERTIBLE, Metallic Sunset Red, Full Service History, Cruise Control, Climate Control, DAB Radio, Bluetooth, Parking Sensors Front & Rear, £30 Road Tax £9500
2007(57) VOLKSWAGEN EOS 2.0 TDi DSG AUTOMATIC, Metallic Grey, Full Service History, Climate Control, Alloy Wheels, Glass Roof, Electric Convertible Roof £4500
2003(03) PORSCHE 911 3.6 996 CARRERA S TIPTRONIC, Metallic Black, Full Porsche/Specialist Service History, Full Leather Interior, SAT NAV, Climate Control, Parking Sensors, Electric Roof, Cruise Control £18500

HATCHBACKS & SALOONS

2014(64) BMW 125i M SPORT 5 DOOR, Metallic Estoril Blue, Full BMW Service History, SAT NAV, Full Coral Dakota Leather, Cruise Control, Reversing Camera, Front & Rear Parking Sensors, DAB Radio, Xenon Headlights £14000
2014(14) VOLKSWAGEN GOLF 1.6 TDi S, Metallic Limestone Grey, 25000 Miles, Full Service History, Air Con, Alloy Wheels, Bluetooth Phone, CD Player, £0 Road Tax £9500
2013(63) SKODA OCTAVIA 1.4 TSi ELEGANCE, Metallic Topaz Brown, Full Service History, SAT NAV, Cruise Control, Heated Seats, Parking Sensors, CD Player, Bluetooth, £115 Road Tax £8450
2013(13) BMW 118D SE, Metallic Sparkling Bronze, Full BMW Service History, Air Con, DAB Digital Radio, CD Player, Alloy Wheels, £30 Road Tax £9350
2013(13) MAZDA 2 1.5 SPORT, Metallic Black, 36000 Miles with Full Mazda Service History, Air Con, Cruise Control, CD Player, Alloy Wheels, £135 Road Tax £5750
2012(62) MERCEDES C220 CDi AUTOMATIC SE EXECUTIVE, Metallic Palladium Silver, Full Mercedes History, SAT NAV, Leather Interior, Cruise Control, Front & Rear Parking Sensors, £115 Road Tax £11000
2012(62) ALFA ROMEO MiTO 1.4 SPRINT, Blanco White, 24000 Miles, Full Service History, Alloy Wheels, Bluetooth, Parking Sensors, Cruise Control, £135 Road Tax £5650

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2014(64) MERCEDES E220 CDi SE AUTOMATIC ESTATE, Metallic Iridium Silver, Full Mercedes Service History, COMAND SAT NAV, Full Black Leather Interior, Heated Seats, Cruise Control, DAB Radio, Parking Sensors, £115 Road Tax £16350
2014(64) NISSAN QASHQAI 1.5 DCi ACENTA PREMIUM, Metallic Black, Full Service History, SAT NAV, Panoramic Roof, Reversing Camera, Lane Departure Warning, DAB Radio, Cruise Control, Alloy Wheels, £0 Road Tax £11450
2014(14) BMW 320D SPORT TOURING AUTOMATIC, Metallic Melbourne Red, Full BMW Service History, SAT NAV, Dakota Leather Interior, Heated Seats, Cruise Control, Bluetooth, DAB Radio, Alloy Wheels, £115 Road Tax £13500
2013(63) NISSAN JUKE .5 DCI N-TEC, Arctic White, 26000 Miles, Full Service History, SAT NAV, Reversing Camera, Cruise Control, Alloy Wheels, CD Player, Bluetooth Phone, £20 Road Tax £9000
2013(63) BMW 520D LUXURY TOURING AUTO, Metallic Grey, Full BMW Service History, Oyster Dakota Leather, SAT NAV, Cruise Control, Parking Sensors, DAB Radio, Heated Seats, Bluetooth, £135 Road Tax £14650
2013(13) MERCEDES E220 CDi SE AUTOMATIC ESTATE, Metallic Obsidian Black, Full Mercedes Service History, COMAND SAT NAV, Full Black Leather Interior, Heated Seats, Cruise Control, DAB Radio, Parking Sensors, £150 Road Tax £14500
2010(60) NISSAN QASHQAI 1.6i N-TEC, Metallic Blue, 48000 Miles, Full Service History, SAT NAV, Cruise Control, Panoramic Glass Roof, Alloy Wheels, Reversing Camera £8450

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Buy an electric car and the savings could pay for Christmas

MOTORISTS buying a 100% electric car rather than a comparable diesel model could save enough money each year to cover the aveage family's £645 Christmas expenditure, according to figures released by Go Ultra Low. Visitors to the updated www.goultralow.com website can now access a new cost calculator that demonstrates how much they can save by switching to a 100% electric car.

By using its comprehensive range of vehicle comparison tools, Go Ultra Low found that 100% electric cars can provide savings of around £600 per year on fuel1a and tax bills1b. Combining this with just four London Congestion Charge-free trips a year3, the total annual saving exceeds the £645 average cost of Christmas4, inclusive of food and drink, gifts and socialising during the festive period.

The new Go Ultra Low cost calculator tools use the latest official (NEDC) vehicle test data and reflect the fact that pure electric and hybrid car drivers pay the lowest rates of VED – with no first year rate for 100% electric vehicles5. The tools also show that 100% electric cars cost, on average, 3p per mile to driver, compared to 9p for a comparable diesel vehicle.

Poppy Welch, Head of Go Ultra Low, said: "Many drivers of 100% electric cars will have aleady covered the cost of Christmas this year, thanks to the lower operating costs of their cars. 100% electric and plug-in cars are fast becoming a serious consideration for an increasing number of motorists, with more than already over 125,000 on our roads.

"By using the range of specially-developed interactive tools at www.goultralow.com motorists can comare their petrol or diesel car side-by-side with the growing range of equivalent plug-in and 100% electric cars can find out for themselves how much they can save"

Adding to the fuel and tax savings, 100% electric cars often benefit from lower maintenance costs due to having fewer moving parts and less demand for consumables. Meanwhile, Government grants provide up to £4,500 off the price of eligible 100% electric cars, £2,500 off the price of eligible plug-in hybrid cars, and up to £8,000 off the price of a new electric van.

Further cost savings are available too, as consumers can also benefit from up to £500 off the cost of installing an electric chargepoint at their home. To make commuting in a plug-in car even more viable, businesses can also take advantage of the Workplace Charging Scheme, which provides grants of up to £300 per charging socket.

The new www.goultralow.com website provides motorists with a wide range of tailored information on a number of topics, including how much they could save with an electric car, how easy it is to charge at home, and how far a plug-in car can go on a single charge.

■ Go Ultra Low

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17 (17) ALL NEW FORD FIESTA TITANIUM B&O PLAY, 1.0 125ps Ecoboost Petrol in Bohai Bay Mint, 17" Alloys, Opening Panoramic Roof with Blind, Privacy Glass, Door Edge Guards, BLIS System, Passenger Lumbar & Height Adjustment, Park Assist Pack, Comfort Pack, Heated Frt Seats & Steering Wheel, Keyless Entry, Power Button Start, 8" Touchscreen Controls, B&O Sound System, Auto Headlights & Wipers, Cruise Control & Speed Limiter, Sat Nav, Frt & Rear Parking Sensors, Mudflaps, Our Ex Demo, 550 miles appx **£16,995**

15 (64) FORD FOCUS ESTATE ST2 2.0 TDCi in Race Red, Alloys, Radio/CD Touchscreen Controls, Privacy Glass, Sync, Power Button Start, Power Folding Mirrors, Climate Control, Auto Headlights & Wipers, USB, ST Trimming Red Stitch on Black Half Leather, One Local Owner, 17800 miles appx **£15,500**

14 (64) FORD C-MAX TITANIUM X 2.0 TDCi in Frozen White, **POWERSHIFT AUTOMATIC**, 5 Door MPV, Alloys, Reverse Park Sensors, Power Tailgate, Keyless Entry, Auto Headlamps & Wipers, Heated Frt Seats, Sat Nav, Power Button Start, Climate Control, Panoramic Roof with Blind, Power Folding Mirrors, Ex Directors Car, 16500 miles appx **£12,500**

15 (65) FORD FOCUS ZETEC 1.5 TDCi 5 Door Hatchback in Race Red, Alloys, Rear Park Sensors, Sync, Radio/CD, USB, Elec Frt Windows, Privacy Glass, Locally Owned, 7300 miles appx **£11,495**

16 (16) FORD FIESTA ZETEC, 1.0 100 ps Petrol Ecoboost, 3 Door, in Deep Impact Blue Metallic, Sync, A/C, Sat Nav, USB, DAB Radio/CD, Power Folding Mirrors, Alloys, Remote Central Locking, Rear Park Sensors, Frt. Foglights, 1000 miles appx **£10,600**

15 (15) FORD ECOSPORT TITANIUM 1.5 TDCi, SUV in Kinetic Blue Metallic, Alloys, Radio/CD, Sync, Partial Leather Upholstery, A/C, Keyless Entry, Rear Mounted Spare Wheel, Titanium X Pack, Rear Parking Sensors, One Local Owner, 17000 miles appx **£10,995**

14 (14) FORD FOCUS TITANIUM NAVIGATOR 1.0, 125ps Ecoboost, 5 Door Hatchback in Luna Sky Metallic, Alloys, Sat Nav, Cruise Control, Sony Radio/CD, Climate Control, Sync, Power Button Start, Rear Parking Sensors, One Local Owner, 16900 miles appx ..... **SOLD**

15 (65) FORD B-MAX TITANIUM X 1.5 TDCi 5 Door Hatchback in Nautical Blue Metallic, Alloys, Panoramic Roof, Sony DAB Radio/CD, Ford Sync, Rear Camera, Auto Headlamps & Wipers, Power Folding Mirrors, Cruise Control, USB, One Local Owner, 11400 miles appx **£10,995**

14 (14) FORD ECOSPORT TITANIUM 1.5 TDCi 95ps, SUV in Kinetic Blue Metallic, Alloys, Radio/CD, A/C, Sync, Keyless Entry, Rear Mounted Spare Wheel, Remote Central Locking, One Local Owner, 18900 miles appx **£9,995**

15 (65) FORD FIESTA TITANIUM 1.0 Ltr, 125ps Ecoboost, 5 Door Hatchback in Midnight Sky, Alloys, Rev Park Sensors, Privacy Glass, Keyless Entry, Power Button Start, Power Folding Mirrors, Cruise Control, Sync, Sony Radio/CD, USB, Auto Wipers & Headlights, One Local Owner, 14700 miles appx **£10,295**

13 (13) FORD FIESTA TITANIUM 1.0 125ps Ecoboost Petrol, 5 Door Hatchback in Race Red, Alloys, Cruise Control, Auto Headlights & Wipers, USB, Power Fold Mirrors, Climate Control, Sync, Rear Park Sensors, Privacy Glass, Mudflaps, Locally Owned, 18000 miles appx **£9,295**

03 (63) FORD B-MAX TITANIUM 1.6 TDCi 115ps, 5 Door Hatchback in Ink Blue, Alloys, Rear Park Sensors, Power Folding Mirrors, Auto Headlamps & Wipers, Sync, Cruise Control, Sony Radio/CD, A/C, One Local Owner, 23100 miles appx **£8,995**

11 (11) FORD FOCUS TITANIUM X 1.0Ltr, 125ps, 5 Door Hatchback in Luna Sky Metallic, Alloys, A/C, Sony Premium Radio/CD, Cruise Control, Auto Climate Control, Auto Headlamps, Drivers Assistance Pack/Park Assist, Frt & Rear Park Sensors, Cross Traffic Alert, Locally Owned, 72000 miles appx **£6,695**

12 (12) FORD C-MAX TITANUIM 2.0 TDCi, AUTOMATIC, 5 Door MPV in Silver Metallic, Alloys, Sony Radio/CD, Climate Control, Bluetooth, Park Assist, Frt & Rear Park Sensors, Cruise Control, Power Tailgate, Towbar, USB, Locally Owned, 45000 miles appx ..... **SOLD**

15 (15) FORD KA EDGE 1.2 Petrol, 3 Door Hatchback in Scuba, Electric Windows, A/C, Bluetooth, One Local Owner, 34000 miles appx **£4,995**

09 (59) FORD FIESTA ZETEC 1.4TDCi, 5 Door Hatchback in Copper Pulse Metallic, Alloys, A/C, Radio/CD, Rear Park Sensors, Bluetooth, Frt Fog Lights, Locally Owned, 43500 miles appx **£4,795**

09 (59) FORD FUSION ZETEC 1.4 Petrol, 5 Door Hatchback in Moondust Silver Metallic, Alloys, Radio/CD, A/C, Heated Front Screen, Frt Fog Lights, Locally Owned, 26000 miles appx ..... **SOLD**

09 (09) FORD C-MAX ZETEC 1.8 TDCi, 5 Door MPV in Light Blue Metallic, Alloys, Radio/CD, A/C, Locally Owned, 87000 miles appx **£3,500**

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New Ford Focus RS Red Edition announced for Christmas

FORGET Santa's sleigh, the Focus RS Red Edition has been unveiled just in time for Christmas.

The RS Red Edition will be a limited production run of just 300 cars in the festive colour scheme. In addition to its Race Red exterior, the Red Edition features grey brake callipers behind black-cast alloy wheels and the RS Edition's trademark contrasting black roof, door mirrors and rear spoiler.

The Focus RS Red Edition features a front mechanical Quaife limited-slip differential (LSD), providing even more traction and driving appeal for performance driving enthusiasts. It is available to order now through Ford dealerships, priced at £36,295, with production starting in February 2018.

"The Focus RS Edition represents accessible performance at its finest", said Andy Barratt, chairman and managing director, Ford of Britain. "As RS production nears its end, we wanted to celebrate with a limited run of cars for those who want to stand out as an RS fan."

The Focus RS Edition has been developed by Ford Performance engineers and evaluated at locations across the globe to enhance the high-performance hatchback's class-leading traction and responsiveness using a Quaife LSD for the front axle.

The mechanical LSD limits the engine torque delivered to a wheel that has reduced traction on the road surface, and redistributes torque to the wheel with more traction to counteract the wheelspin that can hamper acceleration and stability.

By controlling the torque delivered to each front wheel, the Focus RS Edition's Quaife LSD enables drivers to exploit the 350PS delivered by its 2.3-litre EcoBoost engine in high-performance driving situations even more, and seamlessly integrates with Focus RS driving technologies delivered as standard, including:

- Ford Performance All Wheel Drive, which varies the front-to-rear torque distribution to suit the current driving situation – monitoring inputs from vehicle sensors 100 times per second and sending a maximum of 70 per cent of the drive torque to the rear axle
- Dynamic Torque Vectoring – which uses electronically-controlled clutch packs on the rear axle to send up to 100 per cent of the available torque to either rear wheel, and can switch drive from one side to the other in as little as 0.06sec
- Torque Vectoring Control (TVC) – which automatically applies small amounts of brake force to limit wheelspin at the front axle

"For hardcore driving enthusiasts, the additional mechanical grip offered by the Quaife LSD will make it even easier to carry speed through a corner on the track, and maximise acceleration on the way out. The new setup also delivers greater mechanical stability and control when braking hard, and will help drivers set the car up for power-slides using Drift Mode," Roeks said. "The Focus RS Edition takes our 'fun to drive' philosophy to a new level for an everyday road car."

The Focus RS Edition delivers drive modes that include the industry-first Drift Mode for controlled oversteer drifts under circuit conditions and Launch Control for ultimate performance off the start-line - accelerating from 0-62mph in just 4.7sec.

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Faster gearshifts, more fun: Double clutch transmission in the MINI

AS A brand well known for it's sporty character, MINI is set to further enhance it's reputation with the introduction of a new transmission to the range. Extremely fast gear changes, a high degree of shift comfort and optimised efficiency – just some of the benefits of the new 7-speed Steptronic automatic double clutch transmission available for the MINI 3-Door Hatch, MINI 5-Door Hatch and the MINI Convertible. Customers can now order this new transmission in conjunction with selected engine varients as an alternative to the standard 6-speed manual transmission.

The double clutch transmission is operated by a newly designed electronic selector lever. Further enhancing the premium charchtaer of the vehicle, the new selector lever always returns to its original position after changing between driving mode D, neutral position N and reverse mode. The parking lock is activated by pressing the P button. S mode can be activated by shifting the selector lever to the left from position D, allowing the driver manual intervention. The electronic controller paired with the new double clutch transmission includes a shift strategy based on navigation data and supports both the engine start/stop function as well as coasting in order to reduce fuel consumption and emissions.

Design principles

The design principle of the double clutch transmission has been adapted directly from motor racing. Just like on the race track, it allows MINI drivers to accelerate by enabling upward gearshifts without torque interruption. The driver can keep the accelerator pedel pressed down while the transmission control sets the shift points precisely - within just a fraction of a second the ideal engine speed is always available after the gearshift to ensure a continuous increase in speed.

This is possible due to the specific structure of the double clutch transmission. It combines two partial transmissions in a single housing. The core element of the system consists of two oil-cooled wet clutches: one of these is responsible for the even transmission ratios (2, 4, 6) while the other is for the uneven ratios (1, 3, 5, 7) and reverse. During travel, one of the two clutches is open and the other is closed. They interact when the driver shifts up or down: opening one clutch activates closure of the second at the same time.

Transmission control

In order to have the appropriate gear ready for the next shift, the electronic control system of the new double clutch transmission permanently analyses the driver's intentions and the situation on the road. This analysis incorporates numerous data points, including the accelerator position, engine speed, road speed and MINI driving mode. As a result, fast gearshifts can be made to respond appropriately to sudden changes. If acceleration has to be unexpectedly interrupted, for instance, the double clutch transmission takes no more than a fraction of second to make the next gear down available instead of the next gear up.

The parallel opening and closing of the clutches makes acceleration and deceleration manoeuvres not just faster but also smoother. Acoustically, the gearshifts can only be perceived in the fast succession of rev changes. There are no load change reactions as are common with manual transmissions.

Enhanced performance

The increase in drive positions compared with the 6-speed manual transmission benefits both performance and comfort. The seven gear double clutch transmission enables a broader spread of gears, thereby reducing the differences in engine speed between the various drive positions. Together with the direct engine link that is characteristic of the double clutch transmission, the reduced rev jumps intensify driving fun when accelerating. This applies to automatic shifts in D and S modes as well as to manual interventions in the selection of drive positions in M mode. In S mode the gearshifts occur at increased engine speeds and with further increased shift dynamics. In S mode, the driver can also spontaneously switch to manual shifting. Here, manual gear selection is sequential. The selector lever is briefly moved forward to shift down and raised slightly in order to move up to the next higher gear.

In automatic mode, the system can be enhanced by linking the transmission control to the optional MINI Navigation System. The double clutch transmission control unit is then able to draw on navigation data to adapt its shift strategy to the road ahead. When approaching a sharp bend or junction, for example, a downshift is made early in order to make use of the engine braking effect for deceleration purposes. When passing through two bends in quick succession, the drive position engaged after downshifting is maintained in order to avoid any unnecessary shifting and ensure the ideal gear is available for powerful acceleration on exiting the bend.

Like a conventional converter system, the double clutch transmission also offers a crawl function that enables smooth set-off without needing the drivier to touch the accelerator pedal, thereby increasing comfort when manoeuvring or in slow moving or queuing traffic. The dual-mass flywheel with integrated centrifugal pendulum develops its positive effect when driving at low revs: it balances out rotational unevenness in the event of a sudden torque request, thereby promoting vibrational and acoustic comfort when accelerating out of the low engine speed range.

Optimised efficiency

The 7-speed double clutch transmission electronic control system offers a wide range of progressive functions to increase the efficiency of the MINI. In order to avoid unnecessary consumption of fuel when stationary, the double clutch transmission also allows use of the engine start/stop function.

In addition, the coasting function is available in both the MID and GREEN driving modes. Here the drivetrain is decoupled as soon as the driver removes their foot from the accelerator pedal. This allows the MINI to roll along at idling speed – free of any engine braking effect, minimising fuel consumption. The coasting function can be adapted more precisely to the driving situation if the vehicle is fitted with the MINI Navigation System or Driver Assistance Systems. If there is a need to apply the brakes based on navigation data or camera images, for example, because the MINI is approaching a junction or another road user ahead, the coasting function is suppressed to make use of the engine braking effect.

■ Double clutch transmission in the MINI

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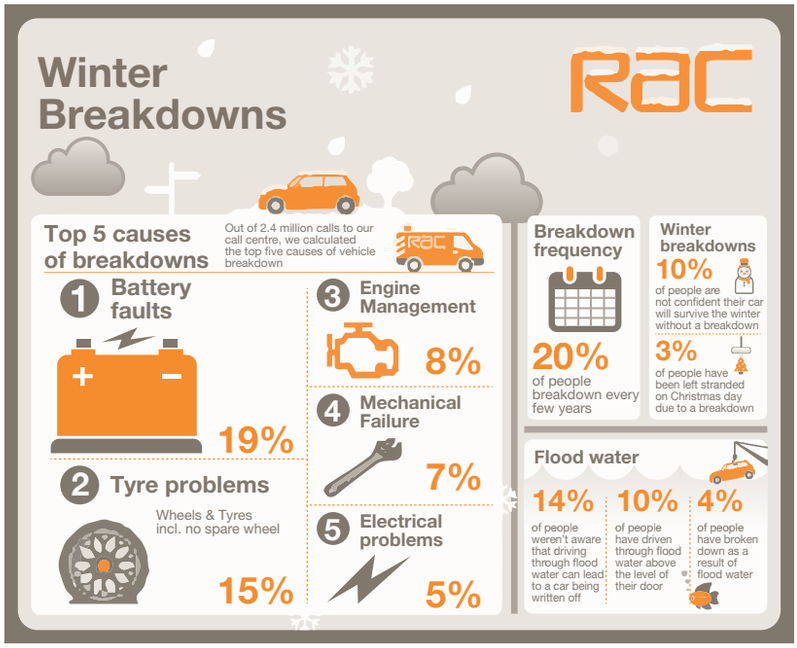

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All-new Nissan Micra's 1.0-litre engine offers outstanding urban performance

THE entry level 1.0-litre version of the all-new Nissan Micra is playing a key role in the hatchback's sales success.

Customers are clearly impressed with its perfect balance of urban performance and low running costs.

The highly efficient 71PS three-cylinder unit has accounted for 20% of orders across Europe since it went on sale earlier this year. However, that figure is forecast to rise even higher, to 23% by next March – the end of FY17.

With approximately 46,000 new Micra sold, it means close to 10,000 customers are already enjoying the 1.0 engine's frugal performance.

Naturally aspirated, the engine is linked to a five-speed manual transmission. This powertrain results in official Combined Cycle fuel economy of 4.6 litres/100km and CO_2 emissions of 103g/km when running on 15 or 16-inch wheels.

The 1.0-litre 71PS is one of three refined engines which available on the all-new Micra. The others are a 0.9-litre 90PS three-cylinder turbo petrol and the 1.5-litre 90PS four-cylinder diesel.

Offering a 71PS engine makes the Micra more accessible than ever before. It extends Nissan's coverage within the European B-hatchback segment to 65% of all vehicles sold.

With more than half of all European B-hatchback vehicles sold in the 61-100PS category, the Micra is perfectly positioned to meet the needs of small car consumers.

The 1.0-litre 71PS engine is available on three grades, from entry level Visia to mid-range Acenta.

The new Nissan Micra is quite simply a revolution. It is a radical progression from the model it has replaced, and from the trio of highly successful superminis which date back to the Micra's debut in Europe in 1983.

Longer, wider and lower than ever before, the all-new Micra has been conceived, designed and engineered with European B-hatchback consumers' requirements at the top of the agenda.

And those who have already bought one are thrilled with it. Scores and comments posted via independent reviews organisation Reevoo have revealed an impressive average of 8.8 out of 10. A third of reviewers have awarded their Micra top marks – 10 out of 10.

Key to the all-new Micra's appeal is the car's athletic and expressive exterior design, which moves the Micra name plate in a daring new direction. The contemporary look and premium feel continues inside, with a high-quality cabin that boasts two-tone soft-touch materials as standard across the range.

With a wheelbase that's 75mm longer than its predecessor, it features segment-leading interior space for front seat occupants.

The all-new Micra is also a technology leader, with a number of features which are not only new to the Micra but new to the segment. These include Intelligent Lane Intervention, a safety system which gently corrects the Micra back on to the right path should it be required. These advanced driver assistance technologies help the Micra to a four-star Euro NCAP rating (five stars in the UK).

Also unique to Micra is the BOSE Personal audio system, which features speakers built into the driver's head rest for an immersive 360° sound experience. The new Micra is available with a wide range of personalisation options, allowing owners to modify the exterior and interior with premium components in a variety of stylish and contemporary colours.

The new Micra is also a fantastic car to drive, with a dynamic performance that is the perfect balance between agility, excitement and the secure feeling that comes with confident and predictable handling.

■ All-new Nissan Micra

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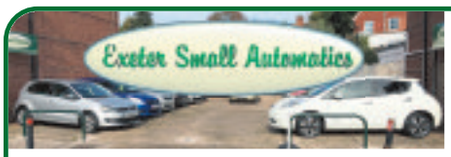

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Beer League: Talbot Arms 2 Ship Inn LR 1, Lamb Swans 2 Nags Head 1, New Inn Kilm B 1 Colyton Club 2, Ax Con Club 2 Dolphin 1, Gerrard Arms P New Inn Kilm A P.

League Table - wk 15	Pld	Pts
Nags Head	13	37
Gerrard Arms	12	34
Colyton Club	13	34
New Inn Kilm A	12	33
Ship LR	12	33
Lamb Swans	13	33
Dolphin Beer	13	32
Axminster Con Club	14	31
Talbot Arms	12	28
Stepps	12	25
New Inn Kilm B	12	25

Beer Lge	Pld	Pts
Axminster Con Club	14	24
Colyton Club	13	22
Gerrard Arms	12	21
Lamb Swans	13	20
New Inn Kilm A	12	19
Ship Inn LR	12	19
New Inn Kilm B	12	19
Dolphin Beer	13	17
Talbot Arms	12	16
Stepps	12	15
Nags Head	13	15

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Boxing Day - 11am ko
(at Axminster Town)

TODAY'S Coronation Cup Final between Misterton and Winsham United at Axminster Town FC on Boxing Day pitches together two South Somerset teams who are both looking to return to former glories.

Misterton dominated the competition, and the Perry Street League in general, in the period around the late 80s and early 90s lifting the trophy on four occasions between 1986 and 1991.

The Missy side then was star-studded with former Haselbury striker Andy Bell, who went on to feature for Yeovil Town and Exeter City, terrorising defences with some clinical finishing.

Bell was the key to the most exciting of that quartet of victories in 1989 with a hat-trick in the 5-3 win over Lyme Regis at Axminster.

The Seasiders finished that game with nine-men after Ellis Hoole, another legendary PSDL striker, scored twice before being dismissed and he was accompanied by fteam mate and former Yeovil Town keeper Grant Northover.

But it was Steve Day who scored the winner when Misterton last got their hands on the trophy two years later after a 1-0 win over Combe St Nicholas at Perry Street FC.

Winsham United's pedigree in the festive final is less distinguished.

The Winsh featured in the first ever final back in 1952-53 when they were hammered 5-0 by RASC Houndstone.

The Bakers Field side's most recent appearance was six years ago when they were beaten 3-0 by Lyme Regis at Millwey Rise' Cloakham Lawns Ground.

A first ever Premier Division title in 2012-13 was swiftly followed by the break up of the team and they have threatened little since – until today.

There's little indiction as to the outcome of this year's final in the season's results so far.

Both teams sit mid-table in the PSDL Premier Division and both appear clear of the threat of a return to Division One.

Misterton edged the league encounter at their Unity Lane home 3-2 with goals from Jack Steer (2) and Harry Charles, while Ross Goodland scored twice for Winsham.

Both teams are in decent form; Winsham have lost one of their last five while Misterton are on a run of five straight wins which have yielded 27 goals.

Expect a blood and thunder local derby...

Farway Utd v Waytown Hounds
DIVISION ONE CUP FINAL
December 30th - 1.30pm ko
(at Kingsbury Episcopi FC)

THERE is sure to be a new name on the 63-year-old Division One cup.

Netherbury-based Waytown Hounds are one of the Perry Street League's newer teams having been formed in 2008. Since then the club has made steady progress up through the divisions and are now in their third season in Division One.

Along the way The Hounds have featured in seven cup finals winning twice; the now defunct Luso-Chard were beaten 4-2 in the John Fowler Cup in 2012 and Chard United Reserves 2-0 in Reg Eglon competition a year earlier.

Joe Carter, in his second season in charge, having succeeded club legend Mark Hughes as manager, has piloted his side to fifth spot in the table boosted by skipper Jon Legg's 16 goals in 11 matches.

Farway United's history is longer and subsequently more varied. Formed in 1935, the pinacle of their success in the PSDL came in the form of a Premier Division runners-up spot behind champions Lyme Regis in 2004-05.

The previous season the team reached the Devon Intermediate Cup final for the first, and currently only, time in their history where they were well beaten 6-0 by the Plymouth-based Kevin Purdy Roofing team.

Recent years haven't so kind to the Eastlee Park club as their first team suffered two relegations in the three seasons.

But long serving manager Andy Baily has returned to the helm and the club is clearly on the up.

Promotion from Division Two and triumphs in both the Tommy Tabberer and Kenny Hodges cup finals last season clearly show Baily's boys don't freeze on the big occasion – this could be the deciding factor.

This season Farway have held the upper hand in matches between the two clubs with a 2-2 draw at Netherbury and Ben Fullick scoring four in a 4-2 home win.

Jon Lee

The East Devon club will hold a mark of respect before the game for Jon Lee who died recently at the age of 75.

"Jon was 'Mr Farway' in the 70s/80s. He was the one who got a gang together to dig our current pitch out of the bank with limited tools.

"We may never have had our Eastlee Park home if not for him," said Farway chairman Steve Loud.

short mat east devon

Evening D1	Pld	Pts
Beer	9	14
Sidbury A	9	13
Seaton	9	13
Colyton	9	9
Awliscombe	9	9
Uffculme	9	8
Upottery	8	7
Musbury	9	6
West Hill	7	6
Sidbury B	9	6
Ottery St Mary	9	5

Afternoon D1	Pld	Pts
Beer	6	9
Sidford Blue	7	9
Colyton	6	7
St Teresa's	5	7
Upottery	5	7
Awliscombe	6	5
Chard	7	4
Seaton Yellow	6	0

Afternoon D2	Pld	Pts
Seaton Blue	5	9
Combe St Nich	6	9
Sidford White	6	8
Hemyock	5	6
Colyton B	6	4
Chard Blue	6	3
Seaton Green	5	3
Musbury	5	2

on the fronter skittles round-up

COLYTON

Div 1: Cloakham A 391 (A Beer 75) Vine B 354 (D Pratt 63); New Inn A 348 (R Webb 67) Red Lion Cavaliers 342 (W Phillips 69); Lamb B 308 (B Dicks 63) Axminster Con A 310 (B Stuckey 59); Seaton FC A 357 (M Searle 66) Gerrard A 361 (H Hawkins, M Johnson 68); Tuckers Arms B 337 (D Coombes 62) Volunteer A 379 (S Charlton, N Pulman 67); Offwell A 379 (J Lockyer 69) Honiton Con D 435 (M Wheaton 82).

Div 2: Dolphin Vikings 375 (A Parkhouse 67) Gerrard B 405 (j Tucker 77); Honiton Converts 383 (S Lapping 67) Cloakham B 419 (P Bevis 80); Vine A 344 (C Maher 63) Colcombe A 316 (G Parsons 58); Sidbury Lions 326 (A Williams 58) Sidmouth FC 325 (R Chambers 65); Old Inn A 326 (K Morley 61) Lamb A 354 (D Webb 67); Vine Nomads 360 (P Norman 72) Eagle Tavern 356 (B Hutchings 77).

Div 3: Colcombe Beerboys 426 (M Adkin 90) Wilmington Harts 396 (M Goss 79); Kings Arms Beers 278 (S Somers 61) Heathfield A 332 (D Crabb 68); Volunteer B 307 (N Broom 61) Three Tuns BTP 300 (L Bourne 53); Mountbatten Whites 353 (P Bonetta 64) Red Lion Sidbury 339 (P Warren 66); Cloakham Wanderers 394 (G Hayball 96) Tuckers A 355 (D Dower 65); White Hart B v Kingfisher A no card in.

Div 4: Colcombe B 421 (T Yates 78) Kings Arms A 428 (K Cook 83); Honiton ConArtists 376 (Debbie Soan 76) Tuckers Arms C 347 (M Collier 73); Rising Sun B 346 (N Curtin 61) New Inn B 331 (D Hodder 64); Honiton WMC B 316 (J Smith 57) Colyton Club B 330 (J Richards 60); Axminster Inn A v Colcombe Nomads (Nomads failed to show, points awarded to Ax Inn A); Seaton FC B v bye; Ship A v Honiton Con A (no card in).

Div 5; Wilmington Spares 378 (M Denslow 85) Dolphin Dolls 373 (R Johns 72); Rousdon Club 284 (D Purrington 54) Millwey Misfits 321 (W Jenkins 67); Kingfisher B 281 (C Solway, A Hurford 50) White Hart A 279 (S Hallworth 58); Heathfield B 336 (M Glaeser 68) Offwell B 388 (S Scotland 77); Sidmouth Arms Kings 369 (O Fuller 79) Hook & Parrot Smugglers 326 (G Stapleton 62).

Division One	Pld	Pts
Axe Con A	11	18
Cloakham A	11	16
Colyton Club A	11	15
Hon Con D	11	14
Volunteer A	11	13
New Inn A	11	12
Gerrard A	12	12
Lamb B	11	11
Vine B	11	9
Seaton FC A	11	7
Red Lion Cavs	11	6
Tuckers Arms B	11	6
Offwell A	11	5

Division Two	Pld	Pts
Cloakham B	11	16
Eagle Tavern	12	16
Gerrard B	11	14
Lamb A	11	12
Vine A	11	12
Vine Nomads	11	12
Sidbury Red Lions	10	10
Dolphin Vikings	11	10
Hon WMC A	11	10
Hon Converts	11	10
Sidmouth FC	11	8
Old Inn A	10	7
Colcombe A	11	5

Division Three	Pld	Pts
Kingfisher A	10	16
Colcombe Beerboys	11	14
Mountbatt' Whites	11	14
Rising Sun A	11	14
Tuckers Arms A	11	12
Volunteer B	11	12
Wilm Harts	12	12
Heathfield A	11	11
Red Lion Sidbury	11	10
White Hart B	10	7
Cloakham Wand	11	7
Kings Arms Beers	11	6
Three Tuns BTP	11	6

Division Four	Pld	Pts
Colyton Club B	11	20
Axe Inn A	11	14
Rising Sun B	11	14
Tuckers Arms C	11	14
Seaton AFC B	11	11
Ship A	11	10
Colcombe B	11	10
Colcombe Nomads	11	10
New Inn B	11	10
Hon Con A	10	8
Hon WMC B	12	8
Kings Arms A	11	7
Hon Con Artists	11	6

Division Five	Pld	Pts
Offwell B Rejects	11	16
Dolphin Dolls	10	12
Hook Parrotts	10	12
Kingfisher B	10	12
Millwey Misfits	10	12
Wilmington Spares	10	12
White Hart A	10	10
Rousdon Club	10	8
Sidmth Arms Kings	10	8
Tuckers Arms D	10	8
Hook Smugglers	10	6
Heathfield B	11	6

AXMINSTER

Men's Div 1: Thorncombe B 349 (S Staples 71) v Ax Con Rebels 397 (M Summers 71) Thorncombe Drifters 374 (C Wyatt 85) v Thorncombe A 387 (R Maber 76) Wootton Sherberts 358 (L Baker 67) v Tuckers C 318 (S Hembrow 62) Kingfisher Feds 309 (J Chaplyn P Squire C Challis 55) v Lamb Spartans 298 (G Hayball 53) B & G's 441 (M Enticott 85) v Green Army 392 (R Chapple 85) Red Lion D 364 (J Ellis D Herbert J Hoole 63) v Red Devils 413 (G Fisher 78) Sidmouth Arms 329 (D Patch 63) v Wootton Cowboys 374 (S Forsey 73)

Div 2: Ax Inn Jokers 346 (A Churchill 70) v Thorncombe C 323 (C Upham 58) Ax Con A 277 (B Styles 51) v Gerrard A 307 (R Collier 57) W H Warriors 316 (M McGarrigle 62) v New Inn A 322 (A Rees 63) Ax Inn B 342 (R Bebb 69) v Colcombe A 339 (F Batten 67) New Inn C 322 (M Farmer 58) v Old Inn Kilm A 338 (P Powell 63) Tuckers Maggots 348 (C Hembrow 71) v Gerrard D 363 (D Randall 76)

Div 3: Lamb 49rs 340 (J E 65) v Ax Inn A 291 (T Pratt 54) Lamb A 305 (N Ives D Jones 56) v Kings Arms Seaton 310 (K Massey 62) WH Wilm B 362 (T Welsh 66) v Ax FCHalfcuts 367 (N Herrod 78)

Div 4: New Inn Hawks 322 (D Rowe 61) v Tuckers Y 321 (R Burrough 63) Gerrard C 297 (R Potter 55) v Seaton BC 324 (R Pluck D Millard 58) Colcombe B 401 (M Loud 79) v Colcombe Nomads 443 (S Cross 83) Ax FC B 388 (I Churchill 76) v Tuckers Old Boys 354 (M Stevens 66).

Division One	Pld	Pts
Red Lion RD	13	20
Ax Con Club Rebels	13	18
B&Gs	13	16
Wooton Cowboys	13	16
Thorncombe A	13	16
Sidmouth Arms	13	16
Wooton Sherberts	12	12
The Feds	13	12
Lamb Spartans	13	12
Red Lion D	13	12
Green Army	13	10
Tuckers C	13	8
Thorn Drifters	12	6
Thorncombe B	13	6

Division Two	Pld	Pts
Old Inn Kilm A	13	18
New Inn Kilm C	13	18
Axe Inn Jokers	13	16
Gerrard D	13	16
Tuckers Maggots	13	16
Thorncombe C	13	16
Axminster Inn B	13	15
Axe Con Club A	13	13
White Hart Wilm	12	12
New Inn Kilm A	13	10
Colcombe A	13	9
Useless Tuckers	12	9
Gerrard A	13	8
W Hart Warriors	13	4

Division Three	Pld	Pts
Gerrard B	11	20
Kings Arms Seaton	12	16
Lamb A	12	14
Old Inn Kilm B	11	13
Lamb 49s	11	13
Axminster FC IV	10	12
Lamb Shanks	11	12
Ax Fc Halfcuts	12	10
Axminster Inn A	12	10
King Wingers	10	8
White Hart Wilm B	12	8
Axminster FC A	11	6
Cloakham Stars	11	4

Division Four	Pld	Pts
Colcombe B	11	16
Ship Rotary	11	15
Colcombe Nomads	11	12
Axminster FC B	11	12
Tuckers Y	11	12
New Inn B	11	12
New Inn Hawks	9	10
Kingfisher A	11	10
Seaton BC	10	8
Gerrard C	9	8
Bev's Boys	8	7
Tuckers OB	9	0

Ladies League

Div 1: Colcombe A 355 (S Newton 64) v Cloakham A 398 (W Kiy 75) Hook n Parrot 303 (B Thompson 53) v Gerrard A 272 (W Bromich 59) Tuckers B 317 (D Jowett S Cooper 54) v WotNots 335 (A Williams 67).

Div 2: Seaton FC 322 (L Smitham 66) v Tuckers A 326 (L Gould 71) Gerrard Guzzlers 303 (M Smith 57) v Colcombe B 343 (C Griffith 70).

Division One	Pld	Pts
Cloakham A	11	16
Wotnots	11	15
Axe Inn A	10	14
Red Lion A	11	14
Tuckers Arms B	11	12
Colcombe A	11	12
Bees Knees	11	12
Rousdon Ladies	11	10
Seaton BC	11	9
New Inn B	11	8
Colcombe Girls	11	8
New Inn A	11	6
Gerrard A	11	6

Division Two	Pld	Pts
Gerrard Guzzlers	10	16
Thorncombe A	10	14
Colcombe B	8	12
Red Lion Rabble	9	12
Tuckers Arms A	11	10
Thorncombe Newtops	9	8
White Hart Wilm A	9	8
Seaton FC	10	8
Colcombe Angels	9	8
Battle Axes (Ax FC)	10	8
B&Js	9	6
Axe Inn Allsorts	9	4

CREWKERNE & Dist

Division One	Pld	Pts
Headhunters	11	101
Lost Boys	11	97
Super Sexy Six	11	87
The Coachmen	11	84
Football Club	11	74
Stray Cats	11	71
Brewers Bees	11	63
Odd Bobs	11	57
Unpredictables	11	41
Pinbusters	11	40
King Willy Dogs	11	39
Rollers	11	38

Division Two	Pld	Pts
Skimmers	10	75
Raptors	10	74
Royal Oak Drimpn	10	70
Ugly Ducklings	10	65
Fudders	10	64
Sports 92	10	62
HillBillies	10	62
Royal Chokers	10	51
DBST	10	48*
Muppets	10	45
Admiral 6	10	41

Division Three	Pld	Pts
Sandbaggers	10	78
Perrott Monkeys	10	73
Willy Low Flyers	10	73
Chis Colts	10	69
Fryers	10	68
Rotary	10	67
Football Club 2nds	10	55
The Likely Lads	10	49
Concorde	10	49
Beer Leg Boys	10	45
Muddled Muggles	10	34

EAST DEVON HUNT

Division One	Pld	Pts
Marvels	12	20
Stags	10	20
Sutton Wanderers	12	16
Culm Vale	13	15
Night Owls	11	14
Ur Arrs	12	14
Blacksmiths	12	12
Foxenhole	12	12
Marsh Green	13	12
Keepers	12	10
Talaton	11	9
Auctioneers	12	6
Honiton Clyst	12	6
Latecomers	13	4

Division Two	Pld	Pts
Perkins Village	12	16
Tuckers Arms	10	14
Upottery	10	14
Sidford	11	14
Zulu Warriors	9	12
Breakaways	10	12
Awliscombe Shoot	10	10
Jack's Lads	11	10
Cocks & Hens	10	8
A Team	11	8
Top Cats	9	6
Yetties	11	6
Bashers	8	2

Division Three	Pld	Pts
Alley Cats	10	16
Here for the Beer	9	14
Broadclyst	9	12
Earth Stoppers	10	12
Guys & Gals	10	12
Maynards	9	10
Bakers 8	11	10
Axe Valley	9	8
Yoyo's	9	8
Cee Dee's	11	8
Goldtops	11	6
Brooksiders	10	6

Top Score; Roger Clarke 87, Mile Spiller 84, Gavin Horsborough 83, Andy Chaplin 82, John Pethoick 81

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■ Ex-Colyton Grammar School student, and member of Seaton Tennis Club, Emma Hurst, claimed a Gold Medal with her GB team recently at the prestigious Master U BNP Paribas event in Lille-the biggest University team tennis tournament in the world. The team smashed China 7-0 in the semi-finals and then defeated the dominant USA team, who had won the last six titles, 4-2 in the final. World University Games alumni, Emma, who is now in her last year at Bath University, said: "The GB team support and positive energy created a great atmosphere to give us the basis for this win." Joint GB Team Captain, Barry Scollo also commented: "This is an incredibly proud moment for University tennis in this country. To win gold against the the USA with the strongest Collegiate tennis system in the world is an incredible achievement". *Emma Hurst is in the centre of the team photo above with the trophy.*

■ THE Chard & District Swimming Team which finished fourth in Round One of the National Swimming Arena League at Bristol Horfield Pool.

Swimmers: Millie Downes, Abi Greenslade, Ben Greenslade, Esme Huntley, Mia Huntley, Alice Clark, Phoebe Clark, Catherine Webb, Ben Webb, Kaitlyn Flannigan, Henry Birchall, Harry Byrnes, Harrison Larcombe, Grace Lambert, Mia Porter, Freddie Coles, Louis Whittome, Megan Herbert, Xanthe Dyer, Joss Copeman, Ollie Bright, Louis Rood, Hannah Pullinger, Jamie Pullinger, Simon Davis, Iain Ross, Briana Barrand, Edward Sims, Oliver Collins, Harry Byrnes, Malcolm Greenslade.

If you are aged six plus and can swim 25m (one length) front crawl, have reasonable skills in two other strokes and are interested in competitive swimming visit www.chardswimmingclub.org.uk for a free trial. Sessions are held at Flamingo Pool in Axminster, Cresta Pool, Chard and Aqua Centre at Crewkerne.

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